



**World Communion Sunday is**  
 Sunday, October 1, 2023. We will be  
 observing the Lord's Supper & collecting  
 a Benevolence Fund Offering.



*Special Called*  
**Church**  
**BUSINESS**  
**MEETING**

*- Deacon Nominations -*  
**October 1, 2023**  
 following worship service

All NBC members are encouraged to be present to vote.  
 Please prayerfully consider serving if you are nominated.



**Yard**  
**sale**

**Saturday**  
**October 7, 2023**  
**8 a.m. - 12 p.m.**

**NBC Yard Sale Preparation**  
Drop off details: October 5 & 6 from 5-7 p.m. (no clothes)  
**What can you do?**

- October 5 & 6 from 5-7 p.m. - set up, display & price items
- October 7 from 7:30 a.m. - 12:30 p.m.- collect money, answer questions, straighten items

Contact Brenda Viverette by October 1 if you can help or have questions.

**They Are Here!**

The new NBC Directory  
 can be picked up M-Th, 9-2  
 from the NBC office.




*Item of the Month*

**October**



- Canned Beef Stew and Chicken & Dumplings
- Rice

**Organ & Piano**  
*Concert*

At Nashville Baptist Church  
 October 22, 2023 | 4:00 PM  
 512 E. Washington St.  
 Nashville, NC

Music will be provided  
 by NBC's own Clyde  
 Patterson (organ) and  
 Karen Sawyer (Piano). A  
 love offering will be  
 taken up to support the  
 NBC Outreach Ministry.

Featured composers:  
 J.S. Bach, Camille Saint-  
 Saëns, Mozart, and Antonio  
 Solar to name a few.



**REFORMATION**  
**SUNDAY**

**OCTOBER 29, 2023**

WEAR RED IN OBSERVANCE

**NASHVILLE**  
**BAPTIST**  
**CHURCH**

**THE**  
**BYLINE**

**OCTOBER 2023**

 512 E. Washington Street  
 Nashville, NC 27856

252.459.3403



nashvillebaptistchurch.org



admin@nashvillebaptistchurch.org



# A Note from the Pastor

HAPPY FALL Y'ALL!

My time of the year is here! I love the Autumn Season and all it entails, crisp mornings with days with a slight chill in the air and falling temperatures at night. We finally arrive at the time of the year with perfect "football weather!" and Saturdays filled with hours of watching college football and cheering **AT** the television. Looking outside, we see leaves floating on the wind and, at times, overwhelm our yards, yet I know they represent life to come in the Spring.

"The Harvest Season" refers to the Autumn as farmers gather their crops before the Winter storms begin. Evidence shows harvest celebrations in ancient Egypt dating to 3100 B.C. We associate the Pilgrims with a harvest celebration in 1621, laying the foundation of our modern Thanksgiving. The tradition of harvest celebrations in churches began in 1843 under the guidance of the Reverend Robert Hawker and continues today.

With all this "hype" about Autumn and my excitement that it is my favorite Season of the year, there is another side to consider. Individuals often say, "It is getting dark too early!" with Autumn's arrival. The shorter days might be the most significant drawback with far-ranging effects. Autumn anxiety is an annual increase in anxiety some people begin to feel during the Autumn months. Unlike other anxieties, the trigger is not apparent and tends to happen annually.

Each person might not experience this anxiety, yet our bodies naturally respond to the changing Season. The shorter days bring a reduction in sunlight, leading to falling levels of serotonin. This hormone is vital in affecting mood, appetite, and sleep patterns. As serotonin levels drop, there is also an increase in melatonin, which tends to make a person sleep or even depressed. In addition, exposure to less sunlight affects vitamin D levels, which influence bone strength and resistance to some illnesses.

I look to this cycle and realize the Lord established a rhythm through his creative masterpiece surrounding us. The Sun, a significant element necessary for crop growth, slowly lessens its time with us as harvest approaches. Historically, as the fields became barren from gathering, people began to look inward. Activities might occur inside at a greater level for the next several months, and animals find places of shelter. I remember the Winter months as a youngster and seeing my daddy more often as the fields awaited the Spring planting.

The rhythm of life stands before us, and the Lord's hand guides our shared journey. Not only in our personal lives but also in the life of the church, rhythms and cycles exist. The Greek philosopher Heraclitus stated, "No man ever steps in the same river twice, for it's not the same river, and he's not the same man." Nashville Baptist Church (NBC) faces these patterns, and our response is crucial. Just as less exposure to the Sun might drain a person, less exposure to the Son drains a Christian.

We find our most significant exposure within the church, or we should see the most powerful witness in the Body of Christ. Whatever happens, I ask one thing:

**DON'T GIVE UP, DON'T EVER GIVE UP!**

Grace and Peace,

Source material:

<https://www.healthline.com/health-news/autumn-anxiety>

<https://www.healthline.com/health/food-nutrition/benefits-vitamin-d>



## Operation Christmas Child

Shoe boxes will be available on October 15!

Pick up boxes after Sunday worship

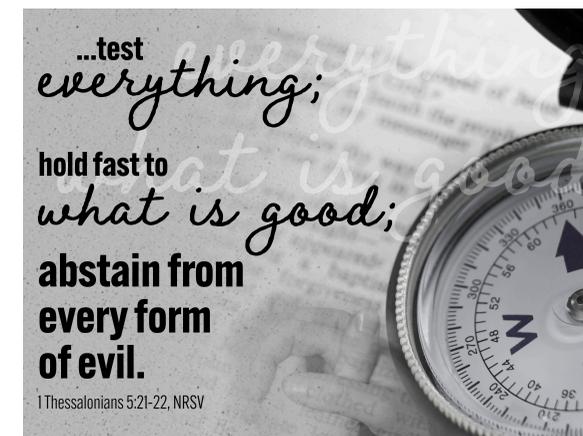
service in the Narthex or the

Fellowship Hall,

or from the NBC office M-Th, 9-2 p.m.

(you may also "build" a shoe box online)

Turn in packed boxes by  
Sunday, November 12, 2023



...test  
everything;  
hold fast to  
what is good;  
abstain from  
every form  
of evil.

1 Thessalonians 5:21-22, NRSV

### Office Hours:

Monday: 9 am - 2 pm

Tuesday: 9 am - 2pm

Wednesday: 9 am - 2pm

Thursday: 9 am - 2pm

Friday: Closed

### Contact Info:

Main Office | (252) 459-3403

Email | [admin@nashvillebaptistchurch.org](mailto:admin@nashvillebaptistchurch.org)

Website | [www.nashvillebaptistchurch.org](http://www.nashvillebaptistchurch.org)



### Service Times:

Sundays at 10:00am

Join us in worship either  
in-person or via livestream.

### Find us Online:



NASHVILLE BAPTIST CHURCH  
512 E. WASHINGTON ST.  
NASHVILLE, NC 27856