

Ringgold Baptist Church

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Return Service Requested



THE RINGGOLD REFLECTOR

A Note from Pastor Duane

School is out and the kids are at home all day. I know mothers love their children, but sometimes being around them all day, every day can frustrate even the best mom. Let's face it, sometimes children just act, well, childish. They whine and complain. They want what they want when they want it. They sometimes get into trouble by doing what they are told not to do. Children can be messy. Moms cook and clean house with all to do over again shortly after it was done the first time. Sometimes mothers just get frustrated. I found a list of ten signs of a frustrated mother.

Ten Signs of a Frustrated Mother

1. Your children know how to read HTML code but can't operate a vacuum cleaner.
2. Your children tell you that you said "yes" and you don't even remember the question.
3. You go to the grocery store and find yourself having a good time.
4. Your husband asks how your day went and you rate it on a scale of 1-10 repeats of "stop that!" or "no!"

5. You can't remember the last time you didn't have to share your drink.
6. You mistakenly tell the kids it's "sanity" time when you meant to say "bed" time.
7. The laundry seems to have taken on an evil nature, and you begin to feel that it's out to get you.
8. You dread hearing the phone ring because it's a sure sign there's about to be trouble amongst the children.
9. It's finally your turn on the computer and "Touched by an Angel" is just coming on.
10. You go to sleep with "I'm bored" or "I'm hungry" still ringing in your ears.

I wonder sometimes if God gets frustrated with us. I know He is God and He is perfect, but He is our Father. He is our Heavenly Parent. We are His children, and I believe we sometimes act, well, childish. We whine and complain. We want what we want when we want it. We sometimes get into trouble by doing what we are told not to do. We make the same mistakes over and over, and God comes to our rescue over and

over again. But He loves us anyway.

Instead of whining and complaining to God about what we don't get, let's try praising Him for what He has done for us. When I was a child, I whined and complained to my parents about what they didn't do for me. As an adult, I have thanked them for all they did for me and all the things they didn't give me that I really didn't need. Paul said, "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things" (1 Cor. 13:11).

As adults, let's act like adult children, put away childish things, and not frustrate our Father in heaven. Let's praise Him for what He has done and for the things we didn't get that we really wanted, but which wouldn't have been in our best interest. Father knows best. Let's please our Father and not frustrate Him.

Pastor Duane

STAFF / SERVICE TIMES / MONTHLY SERVANTS

STAFF

Pastor.....Rev. Duane Caldwell
 Administrative Secretary.....Cheryl Hogg
 Minister of Music.....Daniel Wolfe
 Minister to Children.....Stephanie Barts
 Minister to Youth.....Brandon Barts
 Organist.....Ginger Collie
 Pianist.....Leslie Blair
 Groundskeeper.....Doug Motley
 Property Maintenance.....Kevin Barker

CHURCH OFFICE HOURS

Monday - Friday
 9:00 am - 2:00 pm

CHURCH SERVICES

Sunday School - 9:15 am
 Sunday Morning - 10:30 am
 Sunday Evening - 5:00 pm
 Wednesday Evening - 6:30 pm

Audio: Todd Fitts / Matt Riddle

Nursery Schedule

July 05— Sherry Shively and Frankie Gilbert
 July 12— Nancy Adams and Mary Mills
 July 19— Dianne Donahoe and Gayle Barts
 July 26— Bonnie McDarmont and Katie Williams

Ushers

David Foster, Mike Shelton, Garrett Hughes

Bereavement Team

July - Phyllis and Sammy McCormick
 August - Ginger and Larry Collie



DEACON'S MOMENT

THE PASTOR'S PARROT

A pastor bought a parrot from a pet shop, but soon discovered the bird had a terrible habit of yelling loud, colorful insults. Embarrassed that the congregation might hear it, the pastor tried everything to fix the bird's language. He played hymns, spoke gently, and even covered the cage, but nothing worked.

In a moment of frustration, the pastor put the screeching parrot into the kitchen freezer to quiet it down. For a few seconds, the bird squawked wildly, and then suddenly went completely silent. Fearing he had harmed the bird, the pastor quickly opened the freezer door.

The parrot stepped out carefully, adjusted its feathers, and said meekly, "I am terribly sorry for my behavior, sir. I promise to reform my language immediately." As the pastor stood there shocked, the parrot looked back into the freezer and whispered, "By the way... what exactly did that chicken do?"

Words of Wisdom:

"Set a guard over my mouth, Lord; keep watch over the door of my lips."
Psalm 141:3

Submitted by Mike Gauldin

Our deepest Christian sympathy to:

- The family & friends of Shirley Caldwell in her passing.*
- The family & friends of Gary Carter in his passing.*
- The family & friends of Oscar Strader in his passing.*
- The family & friends of Betty Ann Thornton in her passing.*
- The family & friends of Gypsy Phelps in her passing.*
- The family and friends of Otis Sutherland in his passing.*
- The family and friends of Lori Poland in her passing.*
- The family and friends of Jackie Anderson in her passing.*

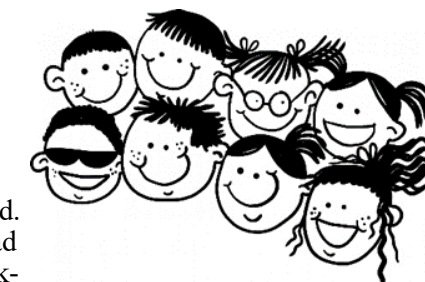


Thank you for your kind words and support during this difficult time. We really appreciate the prayers, food, flowers, visits, bereavement bag and many acts of kindness.

*The family of Doyle Eanes
Novalene, Ashley, Alesa, Alaina and Will*



A MESSAGE FROM OUR CHILDREN'S MINISTER



Summer is here and school is out! What have you been doing with your extra time? Have you been sleeping in every day, watching lots of tv, and/or playing outside with your friends? During this time, don't forget to spend time with God. Kids need God in their lives every day, just as much as adults do! You could read your bible for a few minutes and then pray for a few minutes. You could try picking a time that works best for you but, you should at least try to give God some time of your day.

Spending time with God helps you to know Him better and love Him more. This time will make you happier and the rest of your day better. When you are faithful to God, He will be faithful to you. Remember, He is God and He can do anything!

We had our Vacation Bible School from June 1 – June 4 and we hope everyone that attended had a wonderful time! We would like to say a huge thank you to all of the volunteers who helped to make our VBS a success. Without all of the volunteers, we could not have made it happen! We are looking forward to next year's VBS!

We are continuing to meet during our regular church service on Sunday mornings and we are meeting on Wednesday nights from 6-7 and Sunday evenings as well from 6-7. We look forward to providing more opportunities for the children to have fellowship with each other.

If you need to get in contact with me, please feel free to call or text 434-709-4709.

~Stephanie Barts



The youth attended Fuge Camp at Regent University from June 8-12. We worked with a place where families went to rebuild their lives. We played with the children there and were able to talk about God and the gospel as well.

Thank you to everyone who was able to donate, provide snacks and pray over us as we attended this amazing camp. Next year, we will be attending Fuge Camp in Ridgecrest NC from July 14-18.

~Brandon Barts



YOUTH MISSION CAMP REGENT UNIVERSITY, VIRGINIA BEACH—JUNE 8-12, 2026



J.O.Y. Club News

JOIN US TUESDAY, JULY 28
at NOON

Our *Friend to Remember* for July will be

Sylvia Snead
1048 Countryside Drive
Ringgold VA 24586

Please leave your cards for Sylvia
in the mailbox through July 31.



Bring your favorite dishes
and desserts to share.

REMEMBER TO BRING CANNED ITEM/S FOR GOD'S STOREHOUSE




Thank you to my Ringgold Church family for the way you minister to us. Thank you to all who made the trek to my mom's funeral service. Thank you for the flowers, donations to the Gideons International in mom's memory, calls, texts, food, visits, and support during my mom's stay in the hospital and her death. You are such a loving support not only for me and my family, but to one another. I would also like to thank each you who were there for us after Dena's fall the day after the funeral. I appreciate Brandon for always being ready to fill the pulpit when he's needed. A special thanks to those who prepared meals for us while Dena was out of commission with her injured hand. Just know that we love all of you and I thank God for you constantly. I hear a lot of pastors complaining about the churches they pastor but know I am always bragging on my church family. You are the best. We love you.

Pastor Duane and Dena



Announcements, Events & Reminders



WHO
RBC VOLUNTEERS

WHAT
DAN RIVER FOOD DISTRIBUTION

WHEN
TUESDAY, JULY 21 @ 4:30


WHERE
KENTUCK BAPTIST CHURCH
MINISTRY CENTER



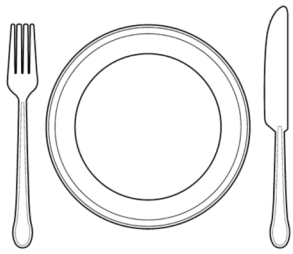
SUNDAY
AUGUST 20
6:00 pm

If you are chair of a committee, you are on the Church Council and should attend.

THURSDAY, JULY 9
11:00 AM



CALL THE OFFICE BY
MONDAY, JULY 6

Family Night Dinner and Devotions

Wednesday, July 8
6:30 pm
Hosts: Deacons



THE LORD'S SUPPER
SUNDAY, JULY 12



WMU HIGHLIGHTS



THANK YOU:

- To those who prepared the meal and served for "Lunch Bunch" on June 11.
- To those who prepared **thirty-two (32) meals** and delivered them to **seventeen (17) homes** on June 24 for the "Friends@Home" Ministry.
- For your generous donations to the Transition Pregnancy Solutions Center. A final amount will be in the August newsletter.
- For the abundance of cookies for VBS and the Youth Mission trip.

FRIENDS @ HOME MINISTRY:

- The date in July has not been decided yet.

LUNCH BUNCH:

- Thursday, July 9 at 11:00 AM.
- Call the office by July 6 to let Cheryl know if you are attending or not.

DAN RIVER FOOD DISTRIBUTION:

- July 21 at Kentuck Ministry Center at 4:30 pm.
- Volunteers needed.

CHURCHWIDE MISSION PROJECT for July:

- Collection of school supplies to donate to Kentuck Elementary, Dan River Middle and Dan River High for students who may not have needed supplies.
- School supply sales will start in July.
- List of needed items will be in the bulletin and/or on the table near Cheryl's office.




MISSION GROUP OPPORTUNITIES:

- Eva Walton Mission Circle – meets 1st Tuesday of each month at RBC @ 7:00 PM.
- Morning Mission Group – meets 2nd Tuesday of each month at RBC @ 10:00 AM.
- Women of ANY age are welcome to visit either or both mission groups.

THANK YOU FOR YOUR SUPPORT OF ALL MISSION PROJECTS/MISSIONS OFFERINGS.

Suzanne Emerson, WMU Director



PARENTS.....

We have a number of Little Golden Books and Clifford, the Big Red Dog books in bins in the library so that they are easy to find. These are good to read to young children.