

BRIDGING THE GAP

Humble yourselves before the Lord, and He will exalt you. James 4:10



A Letter From the Pastor

BY ANDY WOOD

June was a doozy! We had a lot going on. Dania and I had an unplanned trip to Eufaula, OK to attend my dear aunt's funeral. Following that, we had two days back home before we got on the road to take The Hangout to FUGE camp. We got back from that and had four days to get all the decorations up for Vacation Bible School and then five fun days of VBS! Thanks to everyone that helped make it happen. I think the kids had a great time!

I thought it was time to slow down for July, but now we are gearing up for college visits, getting Reagan ready to move in to UVA, and the girl's birthdays. There will be no slowing down and that is fine. I read the other day that being an adult is just telling yourself that after the next event things will slow down and realizing the respite doesn't come.

When things get crazy, it is important that we take a breath. In the hustle and bustle, we must take intentional time to slow down. "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" Psalm 46:10 (ESV). God made us as creatures that need to rest. God commands that we observe the Sabbath and keep it holy. That day is not just for Him, but it is for our benefit as well. When Jesus is confronted for healing a man on the Sabbath, He simply responds that "the Sabbath was made for man, not man for the Sabbath" Mark 2:27. The command to take a break makes sense considering that scientific studies are beginning to show that taking time to do nothing has dramatic health benefits. According to the Harvard Gazette, taking time to do nothing can reduce stress, reduce blood pressure, and lower the heart rate. It is important to rest, but we also must be careful because too much rest can make us lazy. When we do nothing we should completely unplug, no phone no TV, no distractions. That will allow us to focus on the mighty God we serve and rest in Him. Take time to be still!

FBC Weekly Opportunities:

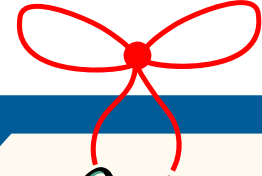
Sunday 5:00: Choir practice

Sunday 6:00 Youth "Hangout" 6th-12th grade

Monday 1:00 Yoga with Glenna -Fellowship Hall

Tuesday 9:00 Food bank (**2nd & 4th Tue of this month**)

Thursday 6:30 Bible Study & Bible Club K-5th grade (Aug-May)



July

15- Emily Broadwater

17- Mary Beth Wood

19 – Gary Dotson

22- Jaycee Townes

22- Lane Sparks-Townes

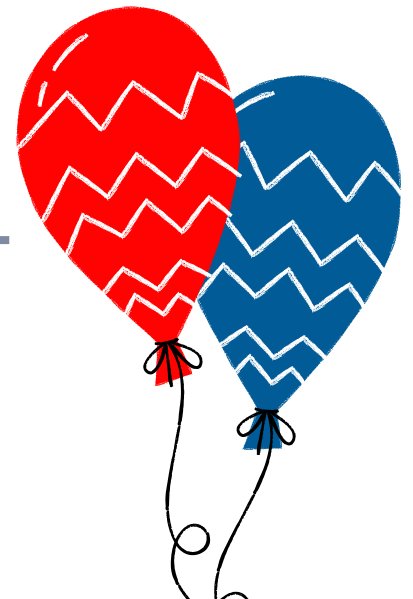
24- Susan Barker

25 – Kendra McReynolds

28- Lucy Wood

31- Savannah Anderson

Happy Birthday!!



Church Calendar

July

01: Deacon Meeting 6:30
02: WMU Meeting 6:30
04: 4th of July
08: Food Truck
09: WBA 12:00 (at Wise)
15: Business Meeting

August

05: Food Truck
05: Deacon Meeting 6:30
06: WMU Meeting 6:30
07: School starts at SPES
10: Hangout Resumes
11: Manly Men 6:30
21: Kids club Kick off!

Children's Church &

Nursery Volunteer Schedule

Date	Children's Church	Nursery
July 6	9am-Ann 11am-Cindy	9am-Kelli 11am-Ann
July 13	9am-Cindy 11am-Dania	9am-Kelli 11am-Cindy
July 20	9am-Terri 11am-Terri	9am-Kelli 11am-Dania
July 27	9am-Susan 11am-Dania	9am-Kelli 11am- Terri

Building & Grounds

- The front stairs are complete!
- Next up: Sunday School room painting and flooring.
- Big thanks to our old Trail Life Troop! They cleared out a bunch of stuff. We also got all of the hallway lights converted to LEDs. The upstairs women's room lights have also been replaced.



July's Scripture Memory Verse

Therefore, if the Son sets you free, you
really will be free.

John 8: 36

The Hangout

7TH-12TH GRADE

FUGE was fantastic this year!

The students all seemed to be engaged and interested in growing their personal relationship with the Lord. We couldn't have asked for a better experience!

The *Hangout* is taking the rest of the summer off. The leadership team plans to meet at the end of the summer to plan for the school year. We will be kicking off the school year on August 11. Any 7th-12th graders who are interested in joining us can join the TEAM REACH group for the calendar, information, and announcements. See Pastor Andy or Dania Wood to join the app.



Upcoming Hangout Events:

Aug 11 - Hangout school year kick off!

KID'S CORNER

Babies-6th grade

True North VBS recap:

- 37 children PreK-6th grade
- 15 teens helping
- 80 people attended the family pool party

Missions:

- A boat full of canned goods donated
- \$228 donated for the food bank

Kids Club returns in August after school begins. We are looking for children to join our program!





MISSIONS: HERE & THERE



Food Bank

CURRENT NEEDS:

Peanut Butter
Canned Meat
Corn
Green beans
Peas
Cereal
Dry Beans

Open 1st/3rd Tuesday's 9-11:00



MISSIONARIES OF THE MONTH

Please keep these missionaries In your prayers as they reach the lost all over the world:

Daniel and Michelle Garnett
-Phenix City, AL

Tyler and Ashley Martin
-Casper, WY

Doug and Tania Borge
-Miami Gardens, FL

Gene and Shay Moore
-Groveport, OH

WMU: WOMEN ON MISSION

Operation Christmas Child:

Each month we will collect items for the OCC boxes. This month we would appreciate the donations of the following for both girls and boys:

- T-shirts (all sizes 3-14, for both boys and girls)
- Flip flops
- Colored pencils
- Coloring books

These items can be left in any red box marked OCC.

"Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit."

Matthew 28:19 NLT