

10:45 am Worship Service

October 19, 2025

SERMON

"Rest"

Dr. Guy Sayles

Matthew 11:28-30

FAB Staff

Email



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**Fifth Avenue
Baptist Church**
LIFE AMONG THE COLUMNS

1135 Fifth Ave.
Huntington, WV 25701
Change Service Requested

Along the Journey...

One of the opportunities that prosperity offers is the opportunity to quit. If your job is too demanding, you take your talents elsewhere. If a class is too difficult, you can drop it and add more hours next semester. If your church doesn't meet your needs, you can find one that suits you better.

Harder times once trapped people in intolerable situations. While today's freedoms and prosperity keep us from that type of imprisonment—a good thing—their comforts and choices also make it easy to quit when things get tough. This makes it hard for us to distinguish between challenging and intolerable.

When Gordon McDonald ran track in high school, his demanding coach required runners to be on the cross-country team as well. By the time McDonald finished his junior year, he was the best runner on the team, so he decided he didn't need to run cross-country in the fall. He would focus on studies and extracurricular activities, such as dating girls. Then, he'd refocus on spring track. Once home for the summer, he wrote his coach of his decision. A week later, he received what his father would call the most important letter in his life.

In *A Resilient Life*, McDonald recalls his coach's written words, "By not running with the cross-country team this fall, you will have made the following choices: You will have disappointed your teammates, who depend upon you to help them win races. . . . But most of all, you will have inadvertently reinforced a dangerous character trait: specifically, that whenever you are faced with a challenge you don't like, or that seems too difficult, or that asks from you too great a sacrifice, you will find it easier and easier to walk away from it." McDonald didn't like the idea of running cross-country. The words of his coach, and their endorsement by his father, caused him to like the alternative even less. That fall, he ran cross-country (and the team won a championship). Whenever he finds life challenging and the temptation to take the easy road out, he remembers his coach's words.

Most successes in life come only after we've endured challenges and made sacrifices to get there. Without the resiliency to stay the course, many of life's rewards go unclaimed.

~ Dr. Tim Moore



Fifth Avenue Baptist Church

LIFE AMONG THE COLUMNS

VOLUME XXXX · NUMBER 42, October 16, 2025

Worship God wholeheartedly. Love one another unconditionally. Help people meet Jesus.
Help each other become more like Jesus. Love our hurting world.

Wednesday Programming

October 22: Trunk-or-Treat (West Parking Lot)

October 29: MAB Presentation
Group studies w/ Abigail Duffield

November 5 & 12: Group Studies w/ Abigail Duffield

Please contact the office by noon on Monday to make or cancel a reservation for that week.

Dinner: 5:30 | Group Studies: 6:15 | Choir Rehearsal: 7:15

Upcoming Pulpit Schedule

October 19

Rev. Dr. Guy Sayles

October 26

Rev. Dr. Rob Ely

November 2 & 9

Rev. Dr. Jana Stoner

November 16 & 23

Rev. Dr. Guy Sayles



JOIN US FOR
YOGA
CLASS

TUESDAY, OCT. 21

6:00 PM | SMITH HALL | COST: \$10

Join us for a Beginner and Beyond combined yoga class with Project Hope, led by certified instructor Clare Loftus.

Mats are encouraged but not required.
If you need a mat, please text Bev Sauvageot at 304-544-0860.

NESH Fund Inc's

13th Annual Dr. Skip Turner Memorial Run for Los Niños

NOV 1 | 9:00 AM
BARBOURSVILLE PARK

REGISTER NOW!
tristateracer.com

The race will begin and end at the lake. Proceeds will help school children with uniforms and tuition, provide medical care, build homes, and provide Christmas parties for children in the Vera Cruz community of Nicaragua.

VASE DONATIONS

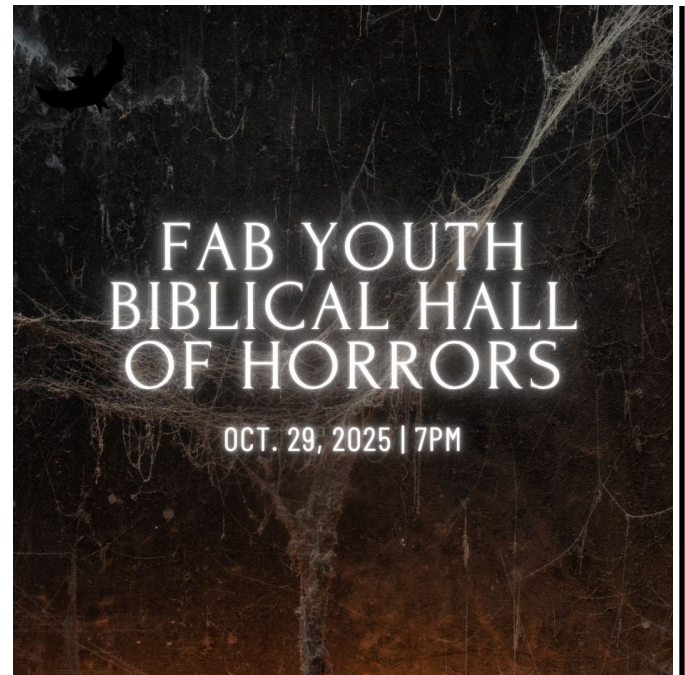


We are looking for vase donations to transport flowers to homebound members. If you have any to donate, please drop them off in the Smith Hall kitchen.

CMC
MEETING



SUNDAY, OCTOBER 19
12:00 PM, WORSHIP ROOM



LIFE AMONG THE COLUMNS

CALENDAR | Oct 19–25

Sunday, October 19

- 8:30 AMC Meeting (CR)
- 9:30 Sunday Morning Bible Studies (FH)
- 10:45 Worship & Live Stream
- 12:00 CMC Meeting (Worship Room)

Monday, October 20

- 9:00 Staff Meeting

Wednesday, October 22

- 9:30 Women's Bible Study (CR)
- 5:30 Trunk-or-Treat (West Lot)
- Cornerstone Rehearsal
- 7:15 Choir Rehearsal

PRAYER CONCERNS

Doris Andrews	Opal Jones
Gay Bird	David Justice
Christy Bird	Linda Lawrence
Judy Booth	Mary Lee Leslie
Nell Brumfield	Julie Lively, daughter of Jack & Jackie Lively
Juanita Call	Kim Lively-Smith, daughter of Jack & Jackie Lively
John Chapman	
Sandy Collins, sister of Bud Harbour	Suzanne Nieman, friend of Jerrie Hussell
Felix Daniels	Cindy Perry, niece of Mary Madsen
Penny Daniels	Steve Perry, nephew of Mary Madsen
Bill Denman	Jeanine Price
Carolyn Dickens	Bill Ransbottom
Natalie Swann Dodge, great niece of Jack Lively	Allen Reasons
David Elmore	Justin Reynolds, nephew of Janet Jarrell
Beverly Gaskin, friend of Gerry Smith	Larry Shannon, friend of Janet Jarrell
Anne Jameson, niece of Mary Madsen	Ryan Sharp, nephew of Jackie Ballard & cousin of Scott Ballard
Janet Jarrell	Patti & Mike Shaver Sr.
	Barbara Sheils
	Jack, Becky & Haley Stephenson, friends of Martha Hagan

If you or someone you have added to the Columns Prayer list can be removed, please call or email the church office.

Our Christian Love & Sympathy

To the family of Fran Schwartz, whose husband Denny died Sunday, October 12.

Trunks for CCES

Central City Elementary is looking for volunteers to provide trunks for their Trunk-or-Treat on October 28 from 5-6:30 pm. If you are willing to provide a trunk please contact Susan Dillard.



Don't forget, FAB is enrolled in the Kroger Community Rewards Program. Simply link your current Kroger Rewards account at kroger.com. Search **Fifth Avenue Baptist Church** or **Non-Profit Organization #TU434**, then click Enroll.

BIRTHDAY CELEBRATIONS!

- | Oct | |
|-----|--|
| 19 | Mary Beth Elmore |
| 20 | Tom Robinson, Trace Dempsey, Phillip Allgood |
| 21 | Lydia Tarter, Sarah Dick |
| 22 | David Elmore II, Josh Gibson |
| 23 | Jo Fidler, Joe Poti |
| 25 | Maggie Kestner |

project
HOPE

October ALMs

Needs:

- Women's underwear (all sizes)
- Women's socks (all sizes)
- Tide pods
- Body wash
- Shampoo

