

Graceful Conversation

Recently I have been monitoring my conversation with friends. Sometimes I offend without intention and sometimes my message is ill-received. I am trying to practice the words of Saint Paul in his letter to the Colossians: “Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

It seems that the dearer one is to me, the more I must practice Paul’s “graceful conversation”. I have been thinking about the words “empathy”, “encouragement”, “information”, “advice”, and “admonishment” and how a wise person may include these five ingredients in graceful conversation.

Empathy is conversation that doesn’t require speech. It is the sharing of feelings and attitudes, not words. It is communion more than communication. I must practice to become a more empathetic listener.

Encouragement is also needed, but this takes wisdom. It is not to be confused with advice. Encouragement by definition must infuse courage into the listener. Talking about my own experience, or citing negative examples, does not typically encourage. [Teach me this, Lord.]

Information is neutral in regard to emotion and direction. I am good at communicating head knowledge. I am so good in fact, that often times I converse informationally when empathy or encouragement is called for.

Advice is directive by nature and often not welcomed. It should not be the predominate mode of conversation between two friends. Advice is best received when the speaker is a living example of the advice that he or she is soliciting.

Admonishment is an old-fashioned word that means “urge to duty, especially in a mild, good-willed manner”. In his letter to the Colossians, Paul urges his listeners to “admonish one another with all wisdom”. I would not call my Christian brother or sister to adhere to my standard, rather to the Biblical standard or to a spoken promise. Between friends, admonishing should be rare, but when used wisely mutual admonition can be the cement of true friendship.

“Lord, before I open my mouth to speak, help me to be mindful of these two E’s, one I, and two A’s. Help me to mix these ingredients with grace and always with a pinch of savory salt.”

Sunday Morning Messages

Join us on Sunday Morning at 10:45 a.m. as Pastor Chris finishes up with his message from the gospel of Luke and starts a new series from the gospel of John

- ~ April 1 ~ The Third Temptation
Luke 4:9-13
- ~ April 8 ~ Temptation in the Garden
Luke 22:39-47
- ~ April 15 ~ Guest Speaker
- ~ April 22 ~ The Hour of Supper
John 13:1-3
- ~ April 29 ~ Washing Feet
John 13:4-10

Sunday Evening Messages

You are invited to join us on Sunday Evenings at 6:00 p.m. as Pastor Chris continues with his series on “The Last Days According to Jesus”.

- ~ April 1 ~ Easter Cantata
Song of the Lamb
- ~ April 8 ~ No Evening Service
- ~ April 15 ~ This Generation
- ~ April 22 ~ The End of the Age
- ~ April 29 ~ The Destruction
of Jerusalem

Operation Christmas Child

Here is an opportunity for you to participate in an annual outreach ministry by helping thousands of others to make a child’s Christmas something special. This month we are asking for small toys that will fit in the shoe boxes. If you would like more information you can call the church office at (510) 276-3688.



North American Missions
Whatever It Takes
National Goal: \$70 Million
www.AnnieArmstrong.com

Ladies Retreat at Mt. Herman

Combine the beautiful tall Redwoods with lots of Phase 10, ice cream, sharing and laughter and what do you have? The East Bay Ladies Retreat at Mt. Hermon! If you have never been to Mt. Hermon, you don’t know what you are missing. It is the nicest retreat center possible with wonderful accommodations and great tasting food!

7 ladies from FSBC attended—Shirley Halbach, Barbara Martinez, Lisa Villafuerte, Stacie Kopet, Diane Varady, Linda Furuyama and Caryl Shaw. The theme was *Jewels for Jesus* based on Zechariah 9:16: “On that day the Lord their God will rescue his people, just as a shepherd rescues his sheep. They will sparkle in his land, like jewels in a crown.”

One of the workshops that was given was on Human Trafficking. At first I didn’t know if I would be interested in the class but after being there I was glad I had gone. The class was very educational and interesting to see how Human Trafficking is in our own cities and what we can do.

Begin now to save money for next years Women’s Retreat. I promise that you will not regret attending!



Sunday School 9:30 am
Morning Worship 10:45 am
Evening Worship 6:00 pm



Wednesday Morning Bible Study 11:00 am
Wednesday Evening Family Fellowship 5:00 pm

“Pray for Our Men and Women in Uniform”

Devon Henesley - Grandson of Jean Johnson
Branch - Navy Rank - 2nd Class
Assignment - Virginia Beach

April Calendar

- 1st - Easter Cantata - 6:00 p.m.
- 4th - Dinner/Speaker & Fellowship - 5:00 p.m.
- 6th - Good Friday/Lord's Supper - 7:00 p.m.
- 8th - Easter Sunday
 - No Evening Service
- 9th - Rest Home Ministry - 11:00 a.m.
- 11th - Wednesday Dinner & Fellowship - 5:00 p.m.
- 15th - Church Council - 5:00 p.m.
- 18th - Wednesday Dinner & Fellowship - 5:00 p.m.
- 21st - Women on Mission - 10:00 a.m.
- 23rd - Rest Home Ministry - 11:00 a.m.
- 25th - Wednesday Dinner & Fellowship - 5:00 p.m.
- 26th - Open Door Mission - 6:15 p.m.
- 28th - Men's Breakfast - 8:30 a.m.

Happy Birthday

- 9th - Ron Poolaw
- 12th - Bob Rice
- 12th - Logan Villafuerte
- 13th - April Machetta
- 19th - Rachel Bocar
- 19th - Barbara Day
- 20th - Curt Smith
- 23rd - Richard Bocar
- 25th - Diana Belger
- 27th - Teresa Seigal
- 29th - Edith Currie
- 30th - Jasmyn Marie Villafuerte

Happy Anniversary

- 7th - Sean & Brenda Kelleher
- 30th - James & Nicole Blazin



First Southern Baptist Church

Newsletter

Glorifying God ~ Loving One Another ~ Reaching the World

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Alleluia!

Jesus Lives, Let us Rejoice!



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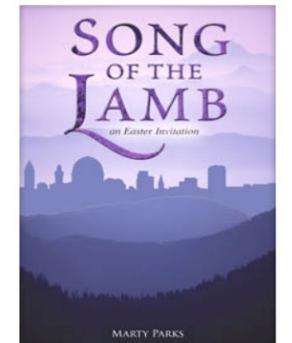
Return Service Requested

Easter Cantata - Song Of The Lamb

April 1st - 6:00 p.m.

The choir at First Southern Baptist Church will be presenting an Easter Musical called "Song of the Lamb" on Sunday, April 1st at 6:00 p.m. Come join us and bring your family and friends as we praise the Lord with music.

Refreshments will follow.



Good Friday Communion Service

April 6th - 7:00 p.m.

We would like to invite you to our Good Friday Communion Service on Friday, April 6th at 7:00 p.m. We will be holding a joint service with Heaven's Opening Church (our Korean friends.) Come join us as we share the Lord's Supper in a multicultural setting.

