

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

February 2, 2015

Please mail all correspondence to: P.O. Box 30954, Raleigh, NC 27622

Church location: 4408 Lead Mine Rd Raleigh, NC 27612 Phone: (919) 781-5345

Email: cvbc@crabtreevalleybaptist.org

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Valentine Luncheon Saturday, February 7

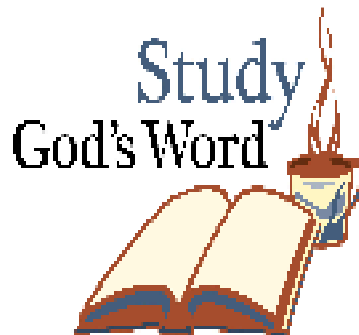
Appetizers start at 3:00, lunch to follow. Come enjoy an afternoon of delicious food, special entertainment and door prizes! Menu: Chicken and rice, vegetable medley, congealed salad, rolls, assorted desserts and beverages. *Please sign up in the Narthex.*



Farewell Dinner for Rev. Nola Boezeman Sunday night, Feb 15 at 6:00pm

Join us as we express our appreciation to Pastor Nola for her time of ministry here with us. There will be a basket for cards and notes, and an opportunity to share your expressions of thanks.

Please bring your favorite appetizers, finger foods, and desserts. All food should be "ready to serve." Please sign up in the narthex. If you prefer to make a monetary contribution or have questions, contact Jean Glosson, Chair of the Hospitality Committee



When I was in 4th grade, back in the dark ages, I participated in an advanced reading program. I think it was probably a pilot program or something. Anyway, the class consisted of viewing a series of slides flashing on the screen and reading them. As we progressed, the slides changed faster and faster. I remember thinking it was great fun. I learned a skill that has benefitted me the rest of my life – speed reading.

Most of the time the ability to speed read is very useful. I can scan a paragraph and instinctively pick out the key words and retain the information. But it does not always serve as an advantage. For example, I picked up a book a while back that presented the perfect lifestyle changes you need to make to increase your energy level. As I expected, they talked about diet and exercise. They also addressed structured breathing and other things. I have always been told that exercise is beneficial to stress management and weight loss. Many forms of exercise are shown to be effective. I don't mind walking too much, so I skimmed the chapter on walking as exercise. Much to my surprise, the author stated that he disliked considering walking enough exercise to be effective. What?!? I needed more information! I skimmed more chapters in the book and it seems like everything I like to do and eat is wrong. I started to toss the book in the recycling bin because of the preposterous claims the author was making. Then I decided to go back and actually read the chapters in question. I found the logic in all the statements he was making and it made his plan seem a more plausible approach to healthy living.

As I reflected back on the experience, I realize that you don't always get the most out of skimming over articles you need to read. Skimming over the chapters helped me determine which ones I really needed to read more thoroughly. But only real reading partnered with thoughtful consideration could give me a clear picture of what the author was trying to say. It's the same thing with the Bible. We skim through chapters as we search for particular lessons. Many times we just read what is required and try to understand it from there. But the Bible always has background information you need to truly understand the message. It's easy to read a devotional lesson and skim or skip the Bible verse on which it is based. But when you do that, you risk missing the full lesson God has for you. Studying the Bible is just that – reading all of the material relating that to the verse you've chosen. Think of how they got the message from that particular passage. Learn all the background information you can pertaining to the verse. Ponder. Pray. Don't just skim the good stuff off the top – enjoy and learn from it all!

Submitted by Linda Wheeler

Church office contact information:

Pastor • Nola Boezeman pastor@crabtreevalleybaptist.org

Secretary • Peggy Utley cvbc@crabtreevalleybaptist.org

Office hours: Mon-Thurs, 9am-3pm

Music Minister • Christopher Reed music@crabtreevalleybaptist.org

Website updates/maintenance: webmaster@crabtreevalleybaptist.org

Weekly Church Calendar

EACH SUNDAY

- *9:45am Sunday School
- *11:00am Worship Service
- *Child care provided downstairs.
- 2:00-7:00pm Kenyan Fellowship

EACH MONDAY:

- 9:00am-12:00pm Hope Pantry is open
- 12:00-1:00pm Beginner Yoga class
- 1:00-2:00pm Crafting with a Purpose

EACH TUESDAY:

- 6:00-8:00pm Kenyan Fellowship

EACH WEDNESDAY:

- 9:00am-12:00pm Hope Pantry is open
- 6:30pm Children and Youth Mission groups
- 1:00 and 7:00pm Bible study & Prayer
- 8:00pm Choir Practice

EACH THURSDAY:

- 8:00pm Gamblers Anonymous

EACH FRIDAY: 7:00-10:30pm Kenyan Fellowship

MONTHLY: (4th Thursday of each month)

- 6:00pm Young Hearts (Senior Adults)

Calendar of Events:

Saturday, February 7

- 3:00pm - Valentine Luncheon

Monday, February 9

- 12:00 Yoga class

- 1:00pm Crafting class

Monday, February 16

- 7:00pm Deacons meeting

<u>Attendance</u>	<u>2/1</u>
Sunday School	38
Visitors	1
Total	39

Worship Attendance: 53

Deacon for this week: 2/8 Jean Glosson
Deacon for next week: 2/15 Whitt Stallings

Greeter Schedule (front entrance)

2/8 Youth 2/15 Aladine Rogers

Properties for February

Randy Walker

Ushers for February

Randy Walker Bobby Hayes
Walt Switzer David Jenkins
Alternate: Robert Best



SHARE THE SONSHINE

This week: February 1-7 – Greg Small

Next week: February 8-14 – Jim and Jean Greene

Copies of the 2015 "Share the Sonshine" calendar are on the table in the church narthex. *Let's Share the Sonshine!*

PRAYER CONCERNS:

HOME:

- Beth Jenkins – knee replacement
- Lee Snyder
- Ed & Cassie Glover
- Susan Carden – Frances Viano's daughter
- Jean Greene
- Pam Bilbro

REHAB & CARE FACILITIES:

- Al Coley – Sunrise at North Hills – Room 286
- Wilton Harris – Heritage Woods Ret. Comm. - Winston-Salem



Next Business meeting on February 22.

In accordance to our By-laws, we will need to vote again on the motion to delete from Article VII of the church Bylaws any reference to "25% of the church membership" as a basis for determining a quorum. (By-laws, and Church Policies may be amended, altered, or repealed by a vote of two-thirds of the members present and voting at two consecutive regular business meetings.) *Please plan to attend so you can cast your vote!*



BAPTIST RETIREMENT HOMES
OF NORTH CAROLINA, INCORPORATED
Caring For Those Who Cared For Us

Offering envelopes are in your boxed sets, and are also available on the narthex table.



"Revealing Jesus"

February 8 - Mark 1:29-39
"Restoration"

February 15 - Mark 9:2-9
"Visions on a Mountaintop"



There will be a Memorial service for Mrs. Gerry Campbell on Saturday, Feb. 7, 2015, at 2pm with visitation from 1-2pm at Hayes Barton Bapt. Church.