

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

January 30, 2017

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 Website: www.crabtreevalleybaptist.org

General Office hours: Monday-Thursday 9am-3pm (closed on Friday)



Lunch at 1:00pm – Movie at 2:00pm

The Young Hearts group will be meeting for lunch and a movie on Thursday, Feb 2. Meet at the Burger King on Glenwood Ave at 1:00pm to eat, and at the Raleigh Grande theaters to see the movie "Hidden Figures" at 2:00pm (the movie starts at 2:15). *This movie is about the incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.*



THOUGHT FOR THE WEEK

The best thing about traveling is coming home. That does not mean that you do not enjoy your time away. It does not mean that expanding your horizon, exploring new territory and experiencing new things is not worthwhile. It is always good to get away but it is always better to come home.

Coming home means getting back into a routine and routine is good for you. Having a routine gives you a sense of security, wellbeing, and peace of mind. Routine gives structure to your life and a sense of belonging. Routine enables you to be productive and gives direction and purpose to your life. For example, walking or running a mile a day means that in a year you have walked or ran 365 miles. Reading 20 pages a day means that in a year you will have read 7,300 pages or close to 30 books. Saving \$10 a day by cooking your own lunch rather than eating out means a savings of \$3,650 a year. Picking up after yourself or cleaning your house for only 10 minutes a day means that you save the headache of spending a whole day a couple of months later dreadfully cleaning your house.

Carolyn Steber names 7 benefits of a solid daily routine.

1. You'll check more things off your to-do list.
2. Your mental health will thank you.
3. There will be more time to relax.
4. It'll help you break bad habits.
5. You get to choose how the day goes.
6. Procrastination will be a thing of the past
7. You'll get really good sleep

Making prayer, Bible reading, Bible study and worship a part of your routine anchors your soul in a turbulent, uncertain world. Jesus said, "Seek first the kingdom of God, and his righteousness, and all these things shall be added unto you." (Matt. 6:33) Applying Jesus' teachings to our daily routine increases our faith and gives us stability. Experience it for yourself.

In His love,
Charles

Church office contact information:

Pastor • Charles Allard

Office: 919-781-5345 Home: 919-606-8360

Office hours: Mon. 9am-12pm

Secretary • Peggy Utley Office: 919-781-5345

cvbc@crabtreevalleybaptist.org Mon-Th 9-3

Music Director • Risa Poniros

Office: 919-781-5345

Youth Leader • Andrew McCullagh

youth@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

EACH WEDNESDAY:

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

EACH THURSDAY:

8:00pm Gamblers Anonymous

MONTHLY: (4th Thursday of each month)

Young Hearts (Senior Adults)

Calendar of Events:

Thursday, February 2

- 1:00pm Young Hearts meeting for lunch
- 2:00pm YH meeting for movie.

Saturday, February 4

2-5pm Anniversary party for John & Sandi Robinson

Sunday, February 12

Crabtree Cafe/Valentine Banquet following worship

<u>Attendance</u>	<u>1/29</u>
Sunday School	35
Visitors	2
Total	37

Worship Attendance: 48

Deacon for this week: 2/5 Jean Glosson
Deacon for next week: 2/12 Shirley Keener

Properties for February

Randy Walker

Ushers for February

Randy Walker Ben Best
Shirley Keener Walt Switzer



Make a call, a visit or send a card!

This week: Jan 29 - Feb 4 Eleanor Cromartie
Next week: February 5-11 Rick and Pam Bilbro

PRAYER CONCERNS:

HOME:

- Bonnie Wright - sick
- Greg Small
- Eleanor Cromartie
- Lee Snyder
- Ed & Cassie Glover
- Pam Bilbro

REHAB & CARE FACILITIES:

- Al Coley – Sunrise at North Hills – Room 286
- Wilton Harris – Heritage Woods Ret. Comm. - W-S
- Jean Greene – Snow Hill Asst. Living - Snow Hill, NC
- Mary Cain – 806 Springmoor Circle 27615 (pneumonia)
- Horace Little (Gloria's brother) rehab in Asheville

HOSPITAL:

Ed Glover – surgery on Thursday at UNC Chapel Hill



Please join the family of John & Sandi Robinson to celebrate their 50th wedding anniversary.

When: Saturday, February 4th from 2-5pm

Where: CVBC fellowship hall

Please RSVP if attending to merobinson@nc.rr.com or 919-271-1965.



We express our sincere sympathy to Risa Poniros and her family upon the passing of her father, Steve Poniros, on Sunday, January 29, 2017. In lieu of flowers, memorial donations can be made to Holy Trinity Greek Orthodox Church, Building Fund, 5000 Lead Mine Rd. Raleigh, NC 27612. Risa's address is 107 Gary Street, Raleigh, NC 27606