

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

June 20, 2016

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

Facebook: Crabtree Valley Baptist Church

Twitter: CrabtreeBaptist



- 7/5 April Brown
2653 Oak Grove Ch Rd
Angier, NC 27501
- 7/12 Jean Glosson
40 Bashford Rd 27606
- 7/13 Ithamer Ames
2421 Tony Tank Lane
Apt 208 27613
- 7/15 Kevin Padilla
2233 North Hills Dr 27612
- 7/21 James Fleming
1045 Cameron Rd
Broadway, NC 27505
- 7/23 Darrell Jenkins
3101 Cartwright Dr 27612
- 7/26 Ana Ames
2421 Tony Tank Lane
Apt 208 27613



We will be helping at the Shepherd's Table soup kitchen in downtown Raleigh on Friday, July 8. We will meet at CVBC at 9:45am sharp to carpool, we'll be at the soup kitchen from 10:15-12:15, returning around 12:45pm. Call or see Shirley Keener to participate.



THOUGHT FOR THE WEEK

Water is absolutely essential to our survival. We can do without food longer than we can do without water. Sixty percent of our body is water. Water provides the essential nutrients of minerals, glucose and vitamins to our body cells. Water removes waste products including toxins that the organs' cells reject and aids the biochemical break-down of what we eat. Water also plays a vital part in maintaining a healthy body temperature. Water lubricates our joints and acts as a shock absorber for our eyes, brain and spinal cord. Water is central to our life.

A leading cardiologist tells us that drinking water at a certain time maximizes its effectiveness on the body. For instance:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure (who knew???)

1 glass of water before going to bed - avoids stroke or heart attack

Just as water sustains our physical bodies it is also essential to our spiritual lives. The Bible is rich in images of water as new life, cleansing and fulfillment. In the conversation with the Samaritan woman (John 4:13-14) at the well, Jesus said, "Everyone who drinks this water (water from the well) will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed the water I give him will become in him a spring of water welling up to eternal life."

On another occasion in the temple surrounded by a host of worshippers, Jesus cried out, "If anyone is thirsty, let him come to me and drink. He who believes in Me, as the Scriptures said, "From his innermost being will flow rivers of living water."

Just as we need physical water, we also need spiritual water. Jesus is that living water. Jesus told Nicodemus that "no one can enter the kingdom of God unless he is born of water and the Spirit. Jesus was saying that in order to enter the Kingdom of God we must have two births - a physical birth and a spiritual birth. He called the spiritual birth being "born again". In order to go to heaven, we must be born again. We must have that transforming spiritual experience of acknowledging our sins, confessing our sins and receiving Jesus, by faith, into our lives. Without that LIVING WATER we die spiritually and we cannot enter the Kingdom of God. Spiritual water (Jesus Christ) is just as essential as physical water. Don't live without Him! Who said that life was not serious?

In His Love, Charles

Church office contact information:

Pastor • Charles Allard Office: 919-781-5345 Home: 919-606-8360

Office hours: Mon. 9am-12pm Mon. afternoon & Tues. by appointment

Secretary • Peggy Utley cvbc@crabtreevalleybaptist.org Office hours: M-Th, 9-3pm

Music Director • April Brown music@crabtreevalleybaptist.org

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 TUESDAY:

6:00-8:00pm Kenyan Fellowship

EACH WEDNESDAY:

- 9:00am-12:00pm Hope Pantry is open
- 6:30pm Children and Youth Mission groups
- 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)

Young Hearts (Senior Adults)

Calendar of Events:

Sunday, June 26

- 11:00am – Patriotic Cantata – “Land of the Free”
- 6:00pm Fellowship meal
- 7:00pm Business meeting

Week of June 27

Peggy on vacation, no newsletter this week.

Monday, July 4

Office and Pantry closed for holiday.

Friday, July 8

Serving at the Soup Kitchen

Attendance **6/19**

Sunday School 38

Visitors

Total 38

Worship Attendance: 61

Deacon for this week: 6/26 Robert Best

Deacon for next week: 7/3 Larry Nunery

Deacon for next week: 7/10 Ben Best

Properties for July

George Shore

Ushers for July

Robert Best Bobby Hayes

Whitt Stallings Darrell Jenkins

PRAYER CONCERNS:

HOME:

- Sandi Robinson
- Greg Small
- 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

****Please use only the street address for Mary.****



Sunday, June 26, 2016 at 11:00am **“Land of the Free”**

We hope that you join us for this special time of worship and reflection.



Mon, July 11- Thurs, July 14
9am-12 noon

**Exploring God's Creation with Bible stories,
crafts, live animals and NEW science
demonstrations!**

Contact Cheryl Walker to register or
if you'd like to volunteer to help!
919-851-6976 or chwalker@med.unc.edu



SHARE THE SONSHINE

Make a call, a visit or send a card!

This week: June 19 – 25 Jean Greene

Next week: June 26 – July 2 Ed & Cassie Glover