

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

June 26, 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)



BIRTHDAYS

- 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
- 7/23 Darrell Jenkins
3101 Cartwright Dr 27612
- 7/26 Ana Ames
2421 Tony Tank Lane
Apt 208 27613

Church office contact information:

Pastor • Charles Allard

Office: 919-781-5345 Home: 919-606-8360 Office hours: Mon. 9am-12pm

Secretary • Peggy Utley

cvbc@crabtreevalleybaptist.org
Hours: 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

Thanks for Caring



Thought for the Week

Over the past few weeks a number of our members have undergone surgery, including me. Others have been in and out of the hospital or rehab. There are lessons to reflect upon when you experience sickness, surgery, rehab and recuperation. Here are a few of the thoughts that have come to me during this time.

1. We are not alone.

God is with us even in our moments of aloneness, depression, fear, sickness, pain, etc. Our hospitals are filled with people who are sick, having surgery, in rehab or recuperation.

Loved ones are there for us, lending a helping hand and offering comfort and prayer.

2. People really do care about us

Cards, e-mails, telephone calls and especially prayer really do aid the healing process. Prayers are truly felt and bring great encouragement.

3. Following doctors' orders, getting ample rest, taking medication etc. are extremely important.

There is no magic fast tract to healing. Healing takes time, patience, obedience, and surrender to the process.

4. Recuperation time can be a time of spiritual renewal.

When you can do nothing else, you can pray, read scripture or have it read to you. In recuperation you have time to think and reflect upon your relationship with God, lean on Him and worship Him. Recuperation is a wonderful time to experience God's presence, his grace and healing power,

5. How blessed we are to have great medical facilities and gifted medical Personnel.

While medicine is a practice it is also a valuable ministry to our physical needs. We may never have a close personal relationship with doctors, nurses, and other hospital workers but we will long remember what they did for us. Where would we be without them? How depended we are upon them in time of need.

6. Lying on our back we have no place to look but up

In long, restless, sleepless, nights of recovery, we are reminded that God is awake while everyone else sleeps. He is always eager to talk with us, to comfort us and give us encouragement. The Psalmist said, "My help comes from the Lord." It truly does.

7. Being "down" can make you appreciate "being well"

Being down is humbling. Having good health, active days, strength to work and being useful is not to be taken for granted. Counting our blessings is a positive exercise. Being grateful lifts our spirits.

8. Once you are well remember what it was like to be down.

"Do unto others as you would have them do unto you." Remember the uplift you received knowing that someone was praying for you, sending you cards, checking on you and encouraging you by text, phone, or visit.

Thanks to all of you for remembering me and fellow church members in your prayers.

In His Love, Charles

Weekly Church Calendar

EACH SUNDAY

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

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:

Wednesday, June 28

Risa Poniros leading Prayer service

Sunday, July 2

Dr. George Braswell leading Worship service

Monday, July 3 & Tuesday, July 4

Office closed

Wednesday, July 5

Pastor returns - Bible Study in Philippians

Sunday, July 9

Pastor Returns to the pulpit

Sunday, July 2- Friday, July 7

Youth at Camp Caswell

Monday, July 10- Thursday, July 13

Vacation Bible School

Wednesday, July 12

6:30pm Town Hall meeting for Refugee Ministry

Attendance 6/25

Sunday School 27

Visitors 1

Total 28

Worship Attendance: 54

Deacon for this week: 7/2 Larry Nunery

Deacon for next week: 7/9 Bonnie Wright

Properties for July

George Shore

Ushers for July

Robert Best Bobby Hayes

Charlie Jones Darrell Jenkins



SHARE THE SONSHINE

Make a call, a visit or send a card.

This week: June 25 – July 1 Lee & Iva Snyder

Next week: July 2 – 8 Gregg Small

PRAYER CONCERNS:

HOME:

Charles Allard
Larry Nunery
Joe Clary – Hospice Care
David Mansberger (former Youth Minister)
Ed Sinnema
Gregg Small
Eleanor Cromartie
Lee Snyder
Cassie Glover and family
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
Grace Small -Mayview



Mon, July 10- Thurs, July 13
9am-12 noon

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

Invite your neighbors and friends,
flyers are in the lobby.

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



**The church office will be closed
Monday, July 3 & Tuesday, July 4
in observance of the
July 4th holiday.**