

CRABTREE VALLEY BAPTIST CHURCH

"CONTINUE IN PRAYER"



THE VALLEY ECHO

May 21, 2018

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)



- 6/5 Sue Edwards
13201 Norwood Road 27614
- 6/18 Cheryl Walker
4700 Theys Road 27606
- 6/19 Tom Edwards
13201 Norwood Road 27614
- 6/20 Jane Williams
1621 Seminole Tr 27609



Monday, May 28
Church office closed

Church office contact information:

Pastor • Charles Allard

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

Secretary • Peggy Utley

Office: 919-781-5345

cvbc@crabtreevalleybaptist.org

Music Director • Risa Poniros

Office: 919-781-5345



THOUGHT FOR THE WEEK

Come apart before you fall apart. Jesus didn't actually say it that way but the message is the same. The crowds were pressing in on Jesus and his disciples. The stress was building up, weariness was setting in, emotionally, physically and spiritually it was time for a break. Pay attention to what is said in Mark 6:31, "And he (Jesus) said unto them (his disciples), come ye yourselves apart into a desert place, and rest a while, for there were many coming and going, and they had no leisure so much as to eat."

Pressure was building for Jesus and the disciples. Jesus recognized that they needed a break. They needed some leisure time. They needed to eat properly and most of all they needed rest and reprieve from the crowds and the daily routine.

Come apart before you fall apart is good advice for all. Breaking with the routine, with pressure, physical, emotional and spiritual stress, is essential to our well-being. Whether you choose the desert, the mountains, beach or an ocean cruise, getting away will do you good.

God himself, rested on the seventh day of his creation work. Jesus frequently made it a point to find a quiet place, a haven of rest where he could spend time with the Heavenly Father in prayer, rest and gather his thoughts. Whether you are still actively at work, retired or semi-retired, breaking with the everyday routine of life, changing the scenery and relaxing your mind and body is a very wise thing to do. If getting away from the crowds and even his disciples was important to Jesus, it should be important to us.

Thank you for allowing Gloria and me to "come apart" for a little while. Our time at the beach has been refreshing, restful and spiritually renewing. We encourage you to find the time - no - make the time - to get away from your routine, see new things, visit new or even familiar places, visit with old friends, rest and renew your spirit. "Come apart before you fall apart".

In His Love,
Charles

Weekly Church Calendar

EACH SUNDAY:

- *9:45am Sunday School
- *11:00am Worship Service
- *Child care provided downstairs.

EACH TUESDAY:

6:30pm Triangle Toastmasters

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:

Monday, May 28

Memorial Day – office closed

Sunday, June 10

3:00pm Concert

Attendance 5/20

Sunday School 20
Worship Attendance 42

Deacon for week: 5/27 Sue Edwards

Deacon for week: 6/3 Robert Best

Properties for May

Darrell Jenkins

Ushers for May

Robert Best Darrell Jenkins
Bobby Hayes Whitt Stallings



SHARE THE SONSHINE

Make a call, send a card, or make a visit!

May 20 - 26 Jean Greene

May 27 - June 2 Greg Small



July 9- July 12 from 9am-12 noon

Discovering God's Amazing Creation

Invite your neighbors and friends!

Postcards and flyers are in the lobby.

Contact Cheryl Walker to register or to help!
919-851-6976 or chwalker@med.unc.edu

PRAYER CONCERNS:

HOME:

Bonnie Wright
Ellen Collins
Greg Small
Joe Clary
Eleanor Cromartie
Pam Bilbro

REHAB & CARE FACILITIES:

Wilton Harris – Heritage Woods Ret. Comm. - W-S
Jean Greene – Snow Hill Asst. Living - Snow Hill, NC
Mary Cain – 806 Springmoor Circle 27615
Anne Jenkins - Morningside of Raleigh
801 Dixie Trail 27607 - Room 132



MEMORIAL DAY TRIBUTE

Our own Risa Poniros will be participating in the annual Memorial Day tribute hosted by Raleigh's American Legion Post 1 this Sunday, May 27th at 2 pm at the Raleigh National Cemetery, located at 501 Rock Quarry Road in Raleigh. The Raleigh Concert Band provides music starting at 1:30 pm, and the program starts at 2pm. Colors and the laying of the wreaths make for a beautiful service. Risa will be guest soloist, singing "God Bless America." Some seats are available if you arrive early, but many bring lawn chairs. Come join this tribute to our fallen heroes.



*Join us for an entertaining afternoon of
amazing talent and music for all ages!*

Sunday, June 10th at 3pm

Ed Stephenson and the Paco Band

The Crabtree Valley Baptist Church concert series continues its first season with the talented **Ed Stephenson and the Paco Band**, incorporating their signature flamenco-style program of original music, sacred selections, as well as contemporary favorites such as Led Zeppelin, Santana, the Eagles, and more! Admission is free, with a love offering to be given to the artists for their selfless gestures of sharing their music and helping to make our first concert season a rousing success! You WON'T be disappointed! CDs will be available for purchase on site (cash please).