

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

December 16, 2019

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

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



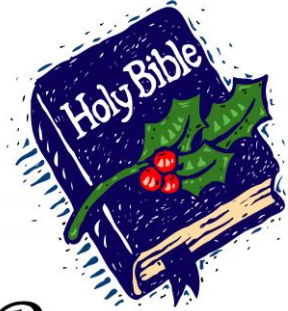
Sounds of the Season

What a Christmas concert we had last night at Tabernacle Church! Our adult choir, along with the Tabernacle choir and the special musicians presented a beautiful cantata. It was especially nice to see so many of our church members in attendance, thank you for your support. And a special thank you to Risa, Cheryl and all of our choir members for your efforts in making this concert happen.



Christmas Cards

The **Lottie Moon Christmas card box** is outside the church office. Use this box to exchange cards with other members or those who regularly attend worship services on Sunday mornings. In lieu of postage, please make a donation to the Lottie Moon Christmas offering and/or to the CBF Global Missions offering. **Please mail all cards for those who can't attend on a regular basis, who have moved away, or are in Rehab or Nursing Homes, the church will not mail these for you.**



Preparing for the Christmas Season

THOUGHT FOR THE WEEK

Christmas is just a week away and the time of year that is supposed to be filled with joy, excitement and anticipation is often filled with anxiety, sorrow, fatigue, depression and stress. We crowd our schedules, set unrealistic goals, fail to plan ahead and feel the pressure of being behind. Just when you think that you can't take on one more thing, the unexpected happens – sickness puts a loved one in the hospital, a friend or family member dies, you have an accident or get a bad diagnosis.

Years ago, a friend handed me a little credit card size “Stress Control Card”. It has four colors on it black, red, green, and blue. There is a colored square on the bottom center of the card. Black represents “stressed”. Red represents “tense”. Green represents “normal” and blue represents “calm”. At any desired time you place your thumb on the colored square for the count of ten. When you take your thumb off, the card will measure your level of stress. It is amazingly accurate.

On the flip side of the card there are four techniques to help you relax.

1. Tense your body for five seconds, then loosen and let your whole body relax.
2. Take a deep breath and hold for eight to ten seconds. Breathe out and feel your body relax.
3. Resume normal breathing and count slowly up to ten. One number for each breath getting looser with each breath.
4. Picture yourself on a warm beach relaxing in the bright sunshine, feeling the warmth coming into your body.

The Bible also offers guidelines for stress relief. 1. “Be still and know that I am God.” (Psalm 46:10) 2. Rejoice always, pray without ceasing, give thanks in all circumstances (I Thess. 5:16-18) 3. “Worship the Lord your God.” (Exodus 23:25) 4. “Cast all your burden on the Lord” (Psalm 55:22) 5. “Commit to the Lord whatever you do” (Proverbs 16:3)

Taking advantage of Bible Study and Worship opportunities will help you get your priorities in order, enable you to focus more on God and will strengthen your spiritual life. When God is a priority in our lives, stress decreases and peace increases.

In His Love,
Charles

Church office information:

Pastor • Charles Allard

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

Music Director • Risa Poniro

Office: 919-781-5345

Secretary • Peggy Utley

Office: 919-781-5345

cvbc@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.

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)

PRAYER CONCERNS:

HOME:

- Bonnie Wright
- Linda Kunkle (visitor)
- Michelle Pennington – recovering from liver transplant
- Jetta Lewis

REHAB & CARE FACILITIES:

- Jean Greene – Snow Hill Asst. Living - Snow Hill, NC
- Mary Cain – 806 Springmoor Circle 27615
- Anne Jenkins - Morningside of Raleigh Room 132
- Johnnie Grubbs – Cambridge Hills of Pittsboro – Rm 208
- Louise Shore – Spring Arbor of Cary Rm 115
1705 Kildaire Farm Rd Cary, NC 27511
- Greg Small – Atria Oakridge Room 226
10820 Sandy Oak Lane Raleigh 27614

Calendar of Events:

Thursday, December 19

11:30 Young Hearts Christmas Luncheon

Tuesday, December 24

5:00pm Christmas Eve Candlelight Service

Tuesday, December 24 - Friday, December 27

Office closed for Christmas

Sunday, December 29

Deadline for ALL special offerings and 2019 contributions

Wednesday, January 1- Friday, January 3

Office closed

Please note:

There will not be a newsletter published next week,
the week of Dec 23rd.



Tuesday, December 24 at 5:00pm
Christmas Eve Candlelight Service



There are envelopes for our special offerings on the lobby table. Remember to write Lottie Moon or CBF on your check and envelope.

Our goal is \$900 for each of these offerings.

CBF received to date = \$760

Lottie Moon received to date = \$858

Please join the Deacons in grateful appreciation of our church staff by contributing to the Staff Love Offering to be collected through Sun, Dec 29 and presented on Sun, Jan 5. Please mark your check or envelope "Love offering."

Sunday, December 29th is the last day to make 2019 contributions for the budget and any of the Christmas special offerings. Mailed contributions need to be mailed early enough to be received by Dec 23rd. Also, please note that there are boxes of contribution envelopes on the lobby table for those that need them for 2020.

Attendance 12/15

Sunday School	23
Worship Attendance	55

Deacon for week: 12/22 Peninah Brown

Deacon for week: 12/29 Jean Glosson

Properties for December

David Jenkins

Ushers for December

Randy Walker

Ben Best

Cecil Brown

Frances Viano



Week of December 15-21 Louise Shore

Week of December 22-28 Greg Small

We can all be a part of this ministry by praying for these individuals, sending cards, making phone calls or a visit.