

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

August 10, 2020

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)



THOUGHT FOR THE WEEK

If you feel exhausted by the news that you are hearing on a daily basis, you are not alone. We all long for good news, uplifting stories, stories of hope, kindness and love.

It is important that we keep our spirits up. I can't keep my spirits up by listening to unending hours of news. Through the media, "The world is too much with us; late and soon" to quote the poet William Wordsworth. Twenty four hour a day news is an over kill. I don't imagine that anyone actually watches the news that much but its constant access is not and cannot be healthy for anyone. We should be selective in the amount of news we consume. And for that matter, in how much television we watch per day. And even more important, we should be discerning in choosing our source of news. Misinformation abounds. Whole networks are devoted to misinformation.

If I understand Wordsworth's lament, he saw the decline in man's contact with nature and with the peace and calm that nature provides. There is nothing more calming than a walk through a nature trail or around a pond or lake. There is nothing to compare to looking out over an ocean, watching the waves, the ebb and flow of the tide or riding through the mountains and valleys to behold the beauty and majesty of God's creation. Finding a peaceful scenic spot and a place to sit down for a while and "be still" and commune with God is therapy for the soul. Social distancing does not have to be "House arrest". The triangle alone offers many nature trails, lakes, ponds and beautiful views of nature that can refresh our spirit. The therapy of God's creation is available if we just take advantage of it.

Wordsworth saw the danger of man's disconnect with nature. He was Leary of man's pursuit of material things. He saw our preoccupation with material things a "waste". Our failure to "be still," to meditate, to pray, to search the scriptures, to think on our own, to weigh everything we hear and everything we are called to do by what scripture teaches is why "we are out of tune."

One of the reasons that the Psalms have so much appeal to us is because the Psalmist, King David, and dozens of others who wrote them, lived in close proximity to nature. Read the Psalms and note the consistent reference to nature. A classic example is Psalm 8:3-4, "When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them." Go outside one night. Look at the heavens and ponder what David experienced. It will lift your spirit.

In His Love,
Charles

Church office information:

Pastor • Charles Allard Office: 919-781-5345 Home: 919-606-8360
Music Director • Risa Poniros Office: 919-781-5345
Secretary • Peggy Utley Office: 919-781-5345 cvbc@crabtreevalleybaptist.org
Website updates/maintenance webmaster@crabtreevalleybaptist.org



SHARE THE SONSHINE

Week of August 9-15

Mary Cain

Share the Sonshine is an outreach ministry. We can all be a part of this ministry by praying for these individuals, sending cards, making phone calls or a visit.



Please note that the church office will be closed on Thursday, August 13. After this week we will back on our regular Mon-Thurs schedule.

LITTLE THINGS

By Mrs. Morton Sims

Lord, let me do the little things
Which may fall to my lot;
Those little inconspicuous ones
By others oft forgot.

A staff for age to lean upon,
Strong hands to help the weak;
A loving heart with open door
To all who solace seek.

To sit beside some silent bier
And share their lonely grief;
To hold the palsied hand of care,
Until there comes relief.

To hold my tongue when hot words rise,
Speak kindly ones instead;
Nor harshly judge my fellow men
In what they've done or said

To share another's heavy load
By word of courage given;
To help a fallen brother rise
And bring him nearer Heaven.

If like the Master, I can give
Myself for those I love,
Rich joy and peace shall come to me,
Sweet rest in Heaven above

I know not when the day shall cease,
But when life's curfew rings,
I want my Lord to find me then
Still doing little things.

Prayer Concerns Week of August 10

HOME

Bonnie Wright
Barbara Goodson
Frances Viano
Armando and Margo Martinez
Anne Barden
Betsy Shaw
Faye Hayes
Jetta Lewis
Charlotte Phelps (friend of Jean's)
Marci Phelps – Charlotte's daughter (friend of Jean Glosson)
Teresa Smith – recurrence of brain tumor (friend of Peggy's)

REHAB & CARE FACILITIES:

Jean Greene – Snow Hill Asst Living
Mary Cain – Springmoor
Gertrude Harris – (Jean's friend) Universal Health Care – Fuquay-Varina
Anne Jenkins – Morningside on Dixie Trail - Room 132
Johnnie Grubbs – Cambridge Hills of Pittsboro – Room 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

OTHER:

Sonshine Person of the Week: Mary Cain
The Price family – Missionaries in Wales



Deacon's Meeting

A meeting of the Deacons is scheduled for **Wednesday, August 19, at 7pm** in the Fellowship Hall. Masks and social distancing are required. Please notify Jean Glosson if you are unable to attend. It can be arranged for you to participate by telephone if you will let Jean know ahead of time.

Deacon Ordination

Our virtual worship on August 23, will feature the Ordination of Barbara Goodson to the office of Deacon. We will also welcome Gene Sherwood back on the active Deaconate. Because we cannot have in-person worship, we are requesting that you send cards or letters of love, encouragement and prayers to them. Address them to Barbara or Gene and send to **CVBC, PO Box 30954, Raleigh, NC 27622 to arrive no later than August 18.** These cards/letters will be presented at the ordination recording Thursday, August 20 and aired on the internet Sunday, August 23. Thank you for your attention to this important matter.