

# CRABTREE VALLEY BAPTIST CHURCH



## THE VALLEY ECHO

December 7, 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](mailto:cvbc@crabtreevalleybaptist.org) Website: [www.crabtreevalleybaptist.org](http://www.crabtreevalleybaptist.org)

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

### GUEST PREACHER

On Sun, December 13, we will welcome back Dr. Wayne Hager as our guest preacher. He has served churches in Indiana, Kentucky, and NC as pastor for over 30 years.

## Church DEACONS

### DEACON OF THE WEEK:

12/6 Barbara Goodson

12/13 Keith Harris

Next Meeting will be  
Sunday, Dec 13 at 2:30pm

**In the November Deacons Meeting the Deacons voted unanimously to require all persons entering our church to wear a mask if they are in contact with anyone else.** Signs are now posted on all entry doors. Persons working in the building are required to wear masks when interacting within six feet of other persons. "Facility Use Guidelines" are available for review in the Church Office.

The signs posted on our entry doors will encourage everyone to observe the "3 W's."

- 1) Wear a mask.
- 2) Wait 6ft apart to social distance.
- 3) Wash your hands.

These decisions have been made to insure the safety of all persons working in and visiting our church facility. We ask everyone to comply and assist us in keeping our building and other persons safe.

Thank you, Your Deacons

Be still,  
and know  
that I am  
God.

Psalm 46:10



### Learn to Listen and Lift Hearts in the Process

**Listen.** Good listeners are in short supply. It takes time and requires patience. It also develops friendships and promotes healing. Listeners don't have answers. Listeners aren't afraid of silence. They are comfortable with just being there.

Good listeners are a gift from God. The golden rule of listening is "listen unto others as you would have them listen unto you." We all have problems and need good listeners. We can learn to listen. That's easier said than done, because we are so unaccustomed to listening. We talk and chatter. We are bombarded by gaudy messages and loud music. It's a high decibel world. A good listener is a rare commodity. You can develop listening skills. All you have to do is "Be still, and know..." (Ps. 46:10).

**1. Show interest:** The first step in establishing a meaningful relationship is to show interest. What can you learn from this person? What can she learn from you? Listening and sharing are built on trust. You convey that you are a trustworthy person as you show interest. When a problem arises, a person will naturally turn to you if you have shown an interest in them. That doesn't mean you are an automatic problem-solver. You don't have to say much at all. Just listen.

**2. Stay calm:** Don't let a highly charged problem get the best of you, causing your anxiety level to rise, thus making you feel like you've got to offer an instant solution. A simple "That sounds like a tough problem," may be all you need to say. Sometimes our friend's problems remind us of our own. Then we lapse into the "rattle syndrome" and talk about our problems.

**3. Maintain contact:** Friends are fickle— here today and gone tomorrow. A listener-friend is different. A good listener keeps in touch and keeps on listening. Maintain contact.

**4. Listen for feelings:** Listening is perhaps life's hardest task. It takes concentration and determination. You must concentrate on what is being said and listen for the feelings behind the words. There is no such thing as an instant answer. Offer options but beware of becoming an "answer-person." You could answer wrong.

**5. Resist easy answers:** Good listeners aren't answer-oriented. Even if they know the answer, one should avoid giving it. It's okay to suggest options—but only after listening carefully enough to understand the problem. Listeners are often pleasantly surprised at this comment: "You've helped me so much. I think I know now how to tackle my problem." What has the listener done to deserve this praise? Why, he listened, of course!

-- continued on back

### Church office information:

Music Director • Risa Poniros Secretary

Peggy Utley 781-5345 [cvbc@crabtreevalleybaptist.org](mailto:cvbc@crabtreevalleybaptist.org)

Website updates/maintenance [webmaster@crabtreevalleybaptist.org](mailto:webmaster@crabtreevalleybaptist.org)



## SHARE THE SONSHINE

Week of Dec 6-12 Greg Small

Atria Oakridge- Apt 214

10820 Sandy Oak Lane, Raleigh 27614



Thank you to all those who came out on Sunday for our Drive-Thru event! With your support, we raised \$1,273 from the meal and craft sales. A special thanks goes to our Chef for the Day, Claudia Harris, and her family who prepared the delicious Mexican meal. This is the second Fundraiser organized by the Youth to raise money for their 2021 Summer Camp. We appreciate our CVBC Youth; Ashley Walker, Youth Director; and all the volunteers who worked behind the scene to make this a very successful event.

### Learn to Listen and Lift Hearts in the Process – con't

**6. Empathize:** Enter into the thoughts of the other person. Listen for feelings but also feel what your friend is feeling. You understand, rejoice, and weep because you have heard. Souls touch, and wounds are healed. There is a moment of closeness. Such moments are extremely rare, even among close friends. Most friendships cannot tolerate such intimate closeness. That doesn't mean it can't happen; it just means it doesn't happen often.

**7. Offer encouragement:** Listening doesn't mean you sit still with your mouth taped shut. Good listeners must offer good responses. If a person trusts us, then the least we must do is offer a word of encouragement. Saying "I want to give to you a hand of support and encouragement" will do wonders to lift the drooping head and spirit of a friend.

**8. Gently confront:** Sometimes our well-meaning friends bug the daylights out of us. We listen and listen and listen, but nothing does any good. We even offer unheeded advice. Finally, we feel the most loving thing we can do is tell our friend to look elsewhere for help. Or we lovingly tell him to eliminate the self-pity and to get on with life. Or we gently nudge him toward other possible solutions. We earn the right to confront because we have spent lots of time listening.

**9. Follow-up:** Skill nine is related to skill three (maintaining contact). Follow-up means you are willing to make yourself continuously available to your friend. "If you ever need someone to listen, just give me a call" is a friend's way of offering ongoing support.

**10. Continue support:** Listening is an art. It can be learned by observing those who do it well. A good listener can teach others by example to listen. Listening is contagious. Good listening means you never stop listening. You listen to the silences of your own heart; you listen to the joys and pains of those around you; and in it all you listen to the music of God which makes it all worthwhile.

*By Michael C. Blackwell, President/CEO Baptist Children's Homes of NC – article copied from Charity & Children/Oct 2020*

## Prayer Concerns:

### HOME

Jim Weaver

Armando and Margo Martinez

Anne Barden

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:

Gertrude Harris – Universal Health Care – Fuquay-Varina

Anne Jenkins – Morningside on Dixie Trail - Room 132

Johnnie Grubbs – Cambridge Hills of Pittsboro – Room 208

Louise Shore – transferred to PruittHealth-High Point

Greg Small –Atria Oakridge- Apt 214

Bonnie Wright – The Reserve at Mills Farm in Apex

Aladine Rogers – Stewart Health Ctr at Springmoor for rehab

### OTHER:

Sonshine Person of the Week

The Price family – Missionaries in Wales

Our church – Pastor search



**Holiday Craft Sale** items will be on display during regular office hours (Mon-Thurs 9:00-3:00) and on Thursday evenings at 6:30pm when the Sunday service is being recorded. We also have the CVBC cookbooks available, \$5.00 each. *This sale ends Tues, Dec 22.*

The **Christmas Card Mailbox** is near the front door. Please stop by to drop-off/pick-up cards. Use this box to exchange cards with other members. In lieu of postage, please make donations to the Lottie Moon and/or to the CBF Global Missions offering. Sunday School books for next quarter are available, near the mailbox, for pick-up.

During the month of December, we will receive our **Lottie Moon and CBF Global Missions offerings**. Our goal is \$500 for each of these offerings. *Make checks payable to CVBC – note Lottie Moon or Global on the memo line.*

The Deacons are recommending that our **Staff Love Offering** for this year be divided equally seven ways to include Elizabeth Best and Yilong Wang for their outstanding efforts to record and air our Sunday Morning Virtual Worship Services and Liz Mills who volunteers as our Treasurer and does a great job taking care of our business. Checks will be presented to these three and our Secretary, Peggy Utley; Director of Music, Risa Poniros; Pianist, Cheryl Walker; and Youth Director, Ashley Walker on January 3, 2021. Our thanks to each of them for a job "well done." *Please mark your check or envelope "Love offering."* **All of the above offerings, as well as any contributions for 2020 need to be received at CVBC by Wed, Dec 30.**