

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

February 1, 2021

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)

GUEST PREACHER

On Sunday, February 7, we welcome back Trey Davis as our guest speaker. Trey grew up in Winston-Salem and graduated from Davidson College. He has a Master of Divinity from Wake Forest University and a Doctor of Ministry from Duke University. For the past fifteen years, he served as the Minister for Youth & College and as the Associate Pastor at First Baptist Church in Raleigh.



DEACON OF THE WEEK:

01/31 Jean Glosson
2/7 Barbara Goodson



Tune in weekly for our Virtual
Worship Service which is released by
11am on Sunday

<https://www.crabtreevalleybaptist.org/sermons/> You can also find current and past sermons on Youtube.
https://www.youtube.com/results?search_query=crabtree+valley+baptist+church

Church office information:

Music Director • Risa Poniros
Secretary • Peggy Utley 781-5345
cvbc@crabtreevalleybaptist.org
Website updates/maintenance
webmaster@crabtreevalleybaptist.org



“Drinking from the Cup”

Do you like tea? If you are from the South, one immediately assumes you mean syrupy sweet ICED tea served with a pitcher that is left on the table for frequent refills. If you are from the North, one immediately assumes you mean HOT tea served delicately with a tea bag on the side for you to brew at the table. And, do NOT ask for sweetener; ask for honey. This may be a somewhat exaggerated example but I know there are varied opinions about drinking tea.

Southerners know that Bojangles and McDonalds have the best, sweetest, iced cold tea. Northerners know that Starbucks serves a variety of teas, hot and cold with various options. Personally, I enjoy a “half-cut” tea with a meal. If you are a true tea drinker, you will know what this means.

During a meal, I enjoy many glasses of the beverage and rarely eat a meal without multiple refills. There are different opinions regarding drinking beverages during a meal. In a Chinese restaurant, you are many times served a hot tea beverage. This practice is believed to assist with digestion. Some nutritionists will tell you water, either iced or room temperature, is the best beverage during mealtime. The belief is that this aids in digestion and gives a full feeling causing the diner to eat less, and possibly leads to weight loss. While other nutritionists believe consuming liquids during a meal water down the important digestive juices needed to breakdown foods and avoid heartburn. WHO KNOWS what is right?

There are many references in the Bible regarding “drinking from the cup”. The cup is often used as a metaphor denoting joy and sorrow; blessing and affliction. Jesus even asked the disciples in Matthew 20:22, “Are you able to drink of the cup that I shall drink of...”. Jesus anticipates what is coming, his suffering and his sorrow on the journey to the cross and then ultimately his death on the cross. Some of the disciples immediately answered yes, but none could anticipate what was to come. Even Jesus was not sure what his “cup” might hold on his journey to the cross.

Do we ask Jesus often to “fill our cup”? Do we “lift our cup up” to be filled with joy and blessings? Or, do we live our lives the same without ever emptying our cup of the guilt, sadness, blame and dread? All we have to do is ask for our cup to be filled with the opposite feelings of peace, happiness, confidence and hope.

--continued on back



SHARE THE SONSHINE
 Person for week of Jan 31- Feb 6
Bonnie Wright
 The Reserve at Mills Farm
 402 Mills Chase Loop
 Apex, NC 27523



“Drinking from the Cup” - continued

As we continue in this pandemic, it seems we are gripping our “cup” tighter and holding on literally for dear life. Maybe we should pour out our cup and rid our cups of fear, sorrow, dread and sadness. Find ways to refill your cup, to be filled with the Joy and Hope of Jesus. It is there. Ask for your cup to be filled. In asking, be willing to hold that cup up high; pour out the “sour liquid”; add back the sweetness of life given by Jesus and I am not talking about tea! We all need our Faith now more than ever.

We are Blessed. Beth Jenkins



We are looking for guest newsletter columnists. Articles can be about a life-changing event, an act of kindness you have received or witnessed, a blessing you have received, your testimony of faith, your reason for joining CVBC. You can also draw from books, SS lessons, devotional literature, etc. as long as your source is documented.

Articles should be around 500 words and can be hand written or sent by email to cvbc@crabtreevalleybaptist.org. The deadline for submission is noon on Monday.

Please contact the church office if you are able to help.



Simple Pleasures are priceless treasures. When days are weary and your spirits are low, remember it is in these times that God helps us grow!

Prayer Concerns:

HOME

Norwood Walker – Randy’s father, under Hospice care
 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:

Anne Jenkins – Morningside on Dixie Trail - Room 132
 Johnnie Grubbs – Cambridge Hills of Pittsboro – Room 208
 Greg Small –Atria Oakridge- Apt 214
 Bonnie Wright – The Reserve at Mills Farm in Apex

OTHER:

Sonshine Person of the Week
 The Price family – Missionaries in Wales
 Our church – Pastor search



January Deacons Meeting Summary

In an effort to keep our members informed, we will try and submit a condensed summary of the monthly Deacons Meeting. Detailed copies of Deacon Meeting Minutes are available in the church office in a notebook labeled, “Deacons Minutes”.

The current Diaconate members are:

Jean Glosson (Chair)	Ellen Collins
Ben Best (Vice-Chair)	Gene Sherwood
Beth Jenkins (Recorder)	Iva Snyder
Barbara Goodson	Keith Harris
Peninah Brown	

The Diaconate approved for the Raleigh Symphony Orchestra (RSO) to use the sanctuary the 1st and 3rd of February. Risa, our Music Minister, is on the symphony board and will be present. All Covid Facility Guidelines will be followed.

Ben Best, Properties Chair, reported that the downstairs hallway floor was stripped and cleaned on January 16, 2021 as previously approved.

A request will go out to ALL church members for newsletter articles. It can be a favorite devotion you submit or a personal acclaim. We request no political or controversial information be submitted. We are trying to keep the newsletter active on a weekly basis.

The Diaconate, serving as the Interim Search Committee, is in the process of reviewing resumes and arranging interviews for a part-time Interim Pastor. Interviews will be completed by the February Deacon’s Meeting. Further information will follow as this process continues. The interviews will be held in person using the CVBC Covid Guidelines.

Next Deacon’s Meeting will be at 7pm on Tuesday, February 16, 2021. (Deacons Meetings will be held monthly on the third Tuesday until further notice).

Submitted by: Beth Jenkins, 1-28-2021