

# CRABTREE VALLEY BAPTIST CHURCH



## THE VALLEY ECHO

October 25, 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)

## PASTOR'S SCHEDULE



Pastor Johnny will be in the office Saturday, Oct 30<sup>th</sup> from 9:00-12:30pm.



### “Socktober”

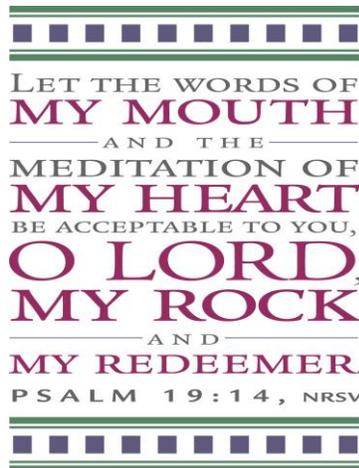
#### Associational Mission Project

Join the Raleigh Baptist Association as we collect **new** socks during the month of October for the homeless population in the Triangle Area. Each pair of socks will have the Gospel message tucked inside so that the recipient can read and receive the message of hope that can change their lives. This population is growing due to the pandemic, the rise of housing costs, and many other factors. May we join our hearts and hands as we make a difference.

Men's, ladies and children's socks are being collected. **Please have donations to CVBC by Wed, Oct 27.** On Nov 9, from 10:00am-noon the RBA will have a “Sock Mission Party” to fold socks and tuck the gospel message of hope inside. If you would like to participate contact the RBA at 919.231.3995.

#### Church office information:

**Interim Pastor** • Rev. Johnny Richards  
**Music Director** • Risa Poniros  
**Secretary** • Peggy Utley  
**Youth Director** • Anna Clark  
**Website updates/maintenance**  
webmaster@crabtreevalleybaptist.org



LET THE WORDS OF  
**MY MOUTH**  
—AND THE—  
MEDITATION OF  
**MY HEART**  
BE ACCEPTABLE TO YOU,  
**O LORD,**  
**MY ROCK,**  
—AND—  
**MY REDEEMER.**  
PSALM 19:14, NRSV

### From the Pastor's Heart...

**Communication:** means of sending or receiving information....

*“Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.” (Yehuda Berg)*

There are different ways to communicate with people. Years ago it was a telegraph. If you had to send a letter, you sent it by pony express. Now, you use your cellphone or Skype. Yes, we still have landlines as well. You can also either communicate with people in person, or at a distance. You can communicate with words and you can also communicate with body language.

I took a body language class one time and I learned about how arms crossed may mean a person is bored. If a person has their hands on their legs or lap it meant they were open to talking. If a person is listening to you and they are resting their head on their fist, that shows they are not trusting what they are hearing. There are a lot of ways we can communicate with people these days. We can either say good things or bad things.

There are a couple verses I want to share with you this week that challenge us in how we communicate with others and also with God. In Ephesians 4:29, Paul is writing to the church at Ephesus about the importance of lifting up one another. He is talking about how it is the church's role to be encouragers and to help people feel good about who they are and not discouraged. Listen to the words of Paul to the church: “Let no corrupt talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

In Psalm 19:14 David writes these words: “May the words of my mouth and the meditation of my heart be acceptable in your sight.” Both of these verses talk about words we use to either communicate with God or with those around us. These verses are a challenge for us to make sure we say things that are encouraging and uplifting to others. But how difficult is it to say things that are encouraging? How hard is it, especially when we are having a difficult day, to say things that are pleasing to hear? It is hard, but it should not be too hard if we remember what David said. David asks God to help the meditations of his heart be pleasing to God. Not only are his words to be pleasing, but what he thinks about in his heart should be pleasing. Making sure our hearts are meditating and focusing on God is the way we make sure our words are pleasing and encouraging to others. Until next week...

Peace and Blessings.. Johnny



## SHARE THE SONSHINE

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

### Person of the Week for Oct 24-30

Bonnie Wright  
The Reserve at Mills Farm  
2000 Mills Chase Loop - Villa A  
Apex, NC 27523

**Deacon for this week:** 10/24 Ben Best  
**Deacon for next week:** 10/31 Ellen Collins

**Properties for November:** Darrell Jenkins

### Monthly Sunday Morning Greeters:

1<sup>st</sup> Frances Viano    2<sup>nd</sup> Iva Snyder  
3<sup>rd</sup> & 5<sup>th</sup> Cecil Brown    4<sup>th</sup> Dee Bullock



### Operation Christmas Child

**Shoebbox deadline is Wednesday, Nov 17<sup>th</sup>.**

We have boxes, labels and brochures with packing instructions available for pickup in the lobby during regular office hours. You can also find information on their website:

<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/> Samaritan's Purse also offers the option to pack a shoebox online. With just a few clicks, you can pack a shoebox online to help share God's love. Simply select toys and other fun items you'd like to include and they will pack the gift for you and send it on its way for a donation of just \$25. This includes the \$9 shipping.

<https://www.samaritanspurse.org/operation-christmas-child/buildonline/>



**Daylight saving  
time ends Sunday,  
November 7<sup>th</sup>.**

## Prayer Concerns:

### HOME

Walt Switzer  
Catherine Mullins  
Jane Williams  
Anne Barden  
Jetta Lewis  
Marci Phelps – Charlotte's daughter (friend of Jean Glosson)

### REHAB & CARE FACILITIES:

Anne Jenkins – Morningside on Dixie Trail - Room 132  
Johnnie Grubbs – Cambridge Hills of Pittsboro – Room 208  
Bonnie Wright – The Reserve at Mills Farm in Apex – Villa A  
Charlotte Phelps (Jean's friend) The Templeton of Cary  
Greg Small - Greg is still at Rex

### OTHER:

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



- 11/6 Gene Sherwood  
1300 Medfield Road 27607
- 11/25 Ana Garcia  
920 Shellbrook Ct Apt 7 27609
- 11/25 Kathryn Nunery  
2904 Mark Oak Court 27610
- 11/30 Bobby Hayes  
1112 Shetland Court 27609



We extend our sympathy to Mrs. Liz Mills and family upon the passing of Frank F. Mills, III. Frank, Liz and their children are former members of CVBC. They later joined Providence Baptist in 1994, but continued close friendships with many CVBC members. Since 2011 Liz has been the volunteer Treasurer for our church. A service to celebrate Frank's life was held at Providence Baptist Church on Monday, October 25<sup>th</sup>. Memorial contributions can be sent to the Pancreatic Cancer Action Network (PANCAN.ORG) and/or Meals on Wheels of Wake County (wakemow.org).

<https://www.dignitymemorial.com/obituaries/raleigh-nc/frank-mills-10413208>