

# LITTLETON BAPTIST NEWS

A Cooperative Baptist Fellowship Congregation

*"Our mission is to make Christ known, by providing spiritual nourishment, ministering to physical needs, and sharing the Gospel."*

*Rev. Michael O. Currin, Pastor*

[www.littletonbaptistchurch.org](http://www.littletonbaptistchurch.org)



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## PASTOR'S PARAGRAPH

I'm trying to walk more and eat more healthy meals. But it's really hard. I need your help and your prayers so I can be as healthy as possible. Please pray! Your prayerful encouragement will make a huge difference for me and be most appreciated. That's what made the following article more interesting to me as I read the almost daily emails I receive from the Center for Congregational Health. In a recent article from *Creating Healthy Churches* by David Hull, he writes the following insightful words about individual spiritual health which allows us to Create Healthy Churches fulfilling her mission in the community and the world.

In the first part of the article titled *Church Fitness Tracker* Hull writes: "Last Christmas my wife and I gave each other personal fitness trackers. These are tools that you wear on your wrist and the tracker will keep count of the number of steps that you take during the day, the miles that you walk, the number of calories you burn, your heart rate, the number of hills that you climb, and the quality of your sleep (among other things). Our goal is to use these trackers to get in better physical shape. Certain targets are helpful to form daily goals. For example, taking 10,000 steps a day is a goal for getting more exercise.

I figured something out. Having the tracker does not take the steps for you! You still have to get up out of the recliner, put down the remote, and go take a walk! But we have also seen how having the tracker is a constant reminder to improve our level of activity. Also, sharing this experience with someone else encourages both of us to do better. During the day we will now ask one another, "So how many steps do you have so far?" That often leads to taking another walk.

As I have learned about a fitness tracker for physical health, that has also made me wonder about tracking spiritual health. What are things that I can do that would be like the spiritual version of taking 10,000 steps? Obviously God works in us through the Holy Spirit to shape our lives to greater spiritual health, but there are things that we can do. Maybe a spiritual fitness tracker would be a good idea for us to try. Here is my suggestion for things that we can do which open the door of opportunity for God to do amazing work in our lives.

Think of these ideas and metrics as the spiritual equivalent of taking 10,000 steps per day:

**Worship with the Body of Christ** - At least once per week.  
**Bible reading** - One chapter of the Bible a day.

**Prayer** - Spend time every day with God.

**Community** - Participate in a small group or class on a regular basis to help others and to be helped by others.

**Service** - Each week, serve someone in need because the love of Christ compels you.

**Share** - Each week share with someone the good news of what Jesus means to you. Invite someone to come with you to a worship or community group event with your church.

**Stewardship** - Tithe (give one-tenth of your income) on a regular basis to the work of God's Kingdom through the church.

There are many other things that we can do as Christians, but these are the basics that will lead to our own personal spiritual health. And then, when we all do these things, our churches are strengthened and grow healthier. Will you commit to tracking these things in your own life?"

I'll be praying for you while you pray for me. After all physical health and spiritual health are very closely related. I know it's not easy but together we can make all these things happen to strengthen the Body and the Body of Christ.

Peace and Blessings!

*Mike*



# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Exercise	2
3 8:30 Outdr Wrld 9:45 S. School 11:00 Worship	4  INDEPENDENCE Day	5	6 8:30 Exercise	7	8 8:30 Exercise	9
10 8:30 Outdr Wrld 9:45 S. School 11:00 Worship 12:00 Youth  6:00 Ice Cream Social	11 8:30 Exercise	12	13 8:30 Exercise	14	15 8:30 Exercise	16
17 8:30 Outdr Wrld 9:45 S. School 11:00 Worship	18 8:30 Exercise	19	20 8:30 Exercise	21	22 8:30 Exercise	23
24 8:30 Outdr Wrld 9:45 S. School 11:00 Worship	25 8:30 Exercise	26	27 8:30 Exercise	28	29 8:30 Exercise	30
31 8:30 Outdr Wrld 9:45 S. School 11:00 Worship						



It's official...I have become a bragging Grandmother! It is the most wonderful bragging right in the world! I am relearning all of the songs I taught my kindergarteners and the junior singers so I can sing something to Addie besides the songs the Adult Choir sings!

I don't know what my sweet granddaughter will call me, Grandmama, Grandma, Grammy, LaLa, Lolly, but whatever it is I'm sure my heart will melt.

The Adult Choir is taking a much needed break during the month of July. I have some awesome special music lined up for worship service this month! We will resume choir practice on August 3rd. Hope to see you there!

*Laura*

We All Scream



for Ice Cream!

Our second Summer Ice Cream Social is scheduled for Sunday, **July 10**, at 6:00 P.M. Everyone is invited to attend with a hungry appetite, and if you can, please bring a freezer of homemade ice cream or snacks to complement the ice cream. Bring a friend to join the Christian fellowship we will enjoy together!



There will be no Prayer & Bible Study during the month of July. Services will resume on August 3.



We will not have a Quarterly Business Meeting in July. Our next meeting will be in October unless business necessitates a special called session.



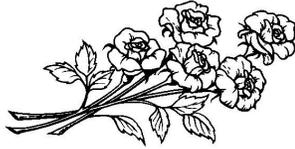
Our Outdoor World Services continue each Sunday through Labor Day weekend at 8:30 A.M. Please pray for this ministry and find a way in which you can be involved. Speak, sing, promote, pray! All are important. For more information, contact Brenda Hudson or Mike Crawley.

**Deacons Meeting**



The Deacons will not meet in July. The next meeting will be in August.

*So if the son sets you free,  
you shall be free indeed.  
John 8:32*



The following is the flower schedule for the month of July 2016.

- July 3 Mary & Earl Spivey
- July 10 Available for Scheduling
- July 17 Available for Scheduling
- July 24 Mike Crawley
- July 31 Available for Scheduling

Flowers are needed for July 10, 17 & 31. If you would like to place flowers on any of these dates please contact Ann Currin, Sandra Lynch or Debbie Keeter. When you place flowers in the sanctuary please contact the church office by email or written note to show how you want it placed in the bulletin. Thank you for being so faithful in helping with flowers!



Special thanks to everyone who helped with VBS this past month. The time was well spent and a blessing to the more than 40 children and youth who participated each day.

VBS 2016 was a great example of the wonderful cooperation we are blessed to share with the churches in our community and it speaks volumes not only to our fellow Christians but to the larger Christian community.

## Prayers for Leadership Selection



Though decisions are still more than a month away, it's not too early for each of us to begin to pray. During the month of August our Nomination Committee will be working to nominate officers and teachers for the new church year. In addition, the process will begin to elect two persons to serve the ones currently occupied by Claude Lynch and Sidney Gibson. Sidney Gibson is completing an unexpired term and is eligible for reelection. Please be in prayer about these decisions as we seek to discern God's way in these matters.



On Sunday, July 10, immediately following morning worship service (bring a change of clothes) our youth will travel to Henderson for Putt Putt, Games, and lunch at the Pizza Inn.

Cost should be around \$20.00. All youth are encouraged to bring a friend to church and have them join us on this fun trip.

Prepare your putt-putt skills and we'll see who can be the champions of the world. Or should I say champions of the youth group!

We'll return in plenty of time for the 6:00 P.M. Ice Cream Social!

## Celebrating our Freedoms!



Join us Sunday July 3. The day before we celebrate our nation's birthday we will pause to give thanks for the celebrated freedoms we have as Americans and to pray for those not nearly as blessed with freedom in other parts of our world.

Additionally, and most significantly, we will celebrate the greatest of all life's freedoms: our freedom in Jesus Christ. This freedom has nothing to do with one's country of residence, but rather is offered to all who profess faith in Jesus Christ.

## Helping Others Live Life Optimistically

Recently our Hello Ministry Board in the vestibule was updated with addresses and new additions. I want to encourage you to take time to view this board and plan to take some action. We can include more if you have suggestions. Each week the bulletin flap asks for responses. Please don't forget this important part which helps our deacon's know whose getting contacted. Take time to complete them. We include these in our meetings and prayers when we receive them.

### ***What might this Hello Ministry look like for you?***

- I just came by to say Hello and I love you!
- Here's a card to let you know I was thinking of you.
- Hello my friend, I just wanted to call and spend a little phone time with you.

These ways and more allow us to affirm their worth and assure them they are missed and thought about and find a time to ask questions like "How can we help?" Your cards, personal visits, phone calls and more allow us to give a huge encouragement to those whom we take the time to say "Hello" through this ministry. Please pray for these you see listed. It makes a huge difference for them and you'll be glad you did.

By the way, we added another section: **Our military**. Check out Ryan Hockaday's address and send him a note too. When we say Hello in the many ways we can, I think God smiles!

*Mike*



What a mission minded church you are. Thanks so much for helping to carry out the Great Commission as you help those close and far away. Every month we help those in our community that need food on their tables. YOUR Food Bank-Littleton Area Churches Together Serving (LACTS) provides a bag with three meals for the family. The faces of those we help are young and old but the smiles and thank yous are ageless. We also reach out to each person by asking if we can pray for them and what concerns they have. It is a very moving and rewarding experience as people ask for things that are close to their hearts and thank us for helping them. Many members in our church have helped fill the bags, pray with the visitors and carry food up the steps for those that need the extra help. Please continue to bring food items for the food box! Thanks!!

You also helped in making the Children's Carnival at the John 3:16 Center a great success. Without your willingness to volunteer and give of your time, the carnival would not have happened.

Thanks for giving of your love and time!!

## **DON'T FORGET TO LOG INTO OUR CHURCH WEBSITE**

[www.littletonbaptistchurch.org](http://www.littletonbaptistchurch.org)



Remember to visit our website! You can check the church calendar, our newsletters (current and past), important church news, key internet links and our Sermon archives. You will be able to link to our church Facebook page, view tons of photos, read our church history, read about our staff and so much more.

Pass this along to others! It's a good way to help prospects and others know more about who LBC is!

Littleton Baptist Church  
P. O. Box 216  
Littleton, NC 27850

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Return Service Requested

<u>HAPPY BIRTHDAY</u>	<u>HAPPY ANNIVERSARY</u>	<u>NURSERY WORKERS</u>
6 Jim Phillis 7 Eric Hockaday (18 yrs) 13 Matthew Council 13 Clyde Johnston 14 Nichole Pitchford 17 Bonnie Currin Stallings 21 Collin Merritt (6 yrs) 22 Lee Myrick 25 Ethel Hale 28 Jimmy Kearney 30 Mary West (Tommy)	1 James & Virginia Kearney (66 yrs) 10 Don & Kay Beaver (22 yrs) 19 Sid & Betty Anne Shearin (36 yrs)	3 Carol West/Carly West 10 Sarah Iles/Brenda Hudson 17 Melinda Harris/Jan Miller 24 Paula Burton/Kay Tripp 31 Brenda Hudson
	<u>YOUTH MEALS</u>	<u>TRASH DETAIL</u>
	3 No Youth 10 Youth Trip/Ice cream Social 17 No Youth 24 No Youth 31 Youth Event	Billy Pearce