

First Baptist Church of Peoria
Engaging Minds and Hearts
FIRST BAPTIST NEWS
JANUARY 8, 2019



PREPARING FOR THE NEW YEAR

By Rev. Rob Collins

“I’ll sleep when I die,” that’s something a friend of mine says all the time. And for the most part she means it. She is among the hardest workers I know. She organizes the school buses and drives one for a high school. The hours between her morning and afternoon bus routes are filled with working at a church. She leads a large ministry which takes up a bunch of evenings and weekends. Still, she finds time to be with her family, golf, and travel. She is very busy. The truth is, all of us can fall into the crazy busy life. But we all know that eventually we have to rest. Eventually, we all need sabbath.

There’s a reason that God placed the calling of Sabbath in our lives. When God went about creating the universe, God also created the Sabbath. Sabbath, of course, is about more than resting. It’s about connecting with God, remembering that our lives are gifts from God, and seeing the image of God in others. And there’s no real way to disconnect the pieces of our lives from each other. We certainly try; we try to box everything up. But you can't box it up because it's all connected.

Marjorie Thompson writes in her book Soul Feast that “The Christian spiritual life, modeled in Jesus, is thoroughly incarnate... it represents a complete unity of spiritual and physical life.” And she’s right, Sabbath affects the entirety of your life. For the month of January we will be exploring the gift of Sabbath and how we need to rediscover it in all our lives. There are a lot of things you can commit to at the beginning of a new year, but few that will help you as much as Sabbath will. I look forward to seeing you in church and around the community.

Serving Together,
Rob Collins
Senior Pastor

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WORSHIP

10:00 a.m. Worship & Children's Sunday School
11:00 a.m. Fellowship Time

Sunday, January 13, 2019
"SLOWING DOWN IN A FAST-MOVING WORLD"
Romans 12:1-2

The entire idea of Sabbath has always been counter-cultural. The world says our identity is found in our accomplishments and success. Meanwhile, Sabbath calls us to slow down long enough to remember that our identity is actually found in the love of God. Let's talk about what slowing down in our non-stop world looks like.

Music: "Lord of the Small" —Chancel Choir

Note: Contemporary Issues Class, 11:15 a.m., Jan. 13th, see page 4 for details.

Sunday, January 20, 2019
"JESUS, LORD OF THE SABBATH"
Matthew 12:1-8

Jesus cared deeply about keeping the Sabbath, but there was always someone standing there to tell him he was doing it all wrong. We're going to explore what we learn from Jesus about keeping the Sabbath and why it matters.

Music: "Cornerstone" —Youth Band

PRAYER CONCERNS

Tom Maulding	Paul Phillips	Char Austin
Sharon Stanard	Rose Kimpling	Helen Nicol
Jim Ashton	Rosemary Walk	Alyssa Russell
Wally Webber	Mary Hinch	Jerry Edwards
Pam Orrill	Jacquelyn Kellogg	

IN SYMPATHY

We extend condolences to Judy Ryan and family on the death of her husband, Dale Ryan, on December 19, 2018.

Services for Dale will be held at First Baptist Church on Wednesday, January 9, 2019, with a 10:00 a.m. visitation and an 11:00 a.m. Celebration of Life Service. Lunch will be served after the service.

Memorials may be made to First Baptist Church or Look, It's My Book!, 310 E. High Point Lane, Peoria, IL 61614.

We extend our sympathy to Thom and Candy Lacy and family on the death of Tom's mother, Joanne Lacy on January 6, 2019. No service information is available at this time.

THANK YOU NOTES

To all the wonderful church family, for prayers, visits, calls, cards, & any other way in which you thought of us when Dale was so ill. We are blessed to have you in our lives. A Celebration of His Life will be held on January 9th. If you are unable to attend, Dale's info can be found on-line at TheWiltonMortuary.com

—Judy Ryan & Family

Thank you for the beautiful poinsettia. It's a really nice plant and goes well in my room.

—Jim Ashton

Thank you so much to my friends at First Baptist. I have enjoyed the plant and cards very much. I am pleased to be remembered.

—Pat Wolstenholm

Thank you does not describe my love and sincere appreciation to my wonderful church family. The thoughts, prayers, inquiries and many cards have helped me through this horrific journey. The visits from Dr. Osborn, Pastors Kennedy, Collins, and Criswell were uplifting. I have learned that a broken back (August 17) takes much longer to heal. Two surgeries and much rehab seem to have me on the road to recovery but with a limited lifestyle.

I appreciate the lovely poinsettia from the church. It helped to brighten my room in assisted living.

—Love to all, Charlotte Austin

The Middletons would like to thank all their friends at First Baptist who have been so wonderful to extend all kinds of support to Don and us during Don's battle with pancreatic cancer in 2018. Don's last treatment took place December 26th. Going forward he will be monitored periodically and hopefully will continue to show "no evidence of disease."

What a blessing all your prayers, cards, offers of assistance and expressions of love and concern have been to all of us during this difficult journey. We are so grateful for your support and care. We can never thank you enough for all you did for us during a very difficult and challenging time in our lives.

—Jim, Janet and Don Middleton

Notice of Annual Meeting

First Baptist Church will hold its annual meeting on Sunday, January 27th, following worship. We will review and vote on the 2019 budget. Lunch will be provided.

Copies of the 2018 Annual Report will be available on Sunday, January 20th, on the table outside the church office. If you would like a copy of the report and are unable to pick one up, please contact the church office at (309) 682-5491 or office@fbcpeoria.com.



HEALTH TIPS

Tips for Caregivers

Giving care to a loved one with a chronic disease (such as cancer, dementia, Alzheimer's disease, etc.) brings big changes and challenges for the affected person as well as those who provide care. Finding the balance between caregiving and self-care may involve:

1. Acknowledging your emotions — Caregiving can be difficult and lonely. You may feel anger, frustration and guilt. Accept whatever your feelings are and seek healthy outlets for them. This might include talking with an understanding friend, meeting with a support group, journaling or meditation.
2. Setting limits — Try to come to terms with the fact that you can't do everything. Try to accept imperfection and lighten your expectations.
3. Taking regular breaks — Short breaks throughout the day are good, but arrange for a couple of longer breaks each week. During those times, do something you enjoy that's unrelated to caregiving.
4. Getting help — Create a list of tasks that friends or loved ones can help with. In addition, visit www.communityresourcefinder.org to learn about resources in your community.

Tips for Supporting Caregivers

- Visits — Schedule a visit to provide physical and emotional support. Maybe you can stay with the patient while the caregiver takes a break. Always call before visiting. Make short, periodic visits rather than long infrequent ones. Always refer to your next visit so they can look forward to it.
- Conversation — Support their feelings. Allow them to be negative, withdrawn or silent. Do not offer medical advice or your opinions on such topics as vitamins and herbal therapies. Also talk about whatever brings out good feelings, such as sports, religion, travel or books and movies.
- Errands and projects — Take care of any urgent needs immediately, such as picking up prescriptions. Go grocery shopping. Deliver a prepared meal. Offer to do specific tasks such as yard work, going to the post office, returning or picking up library books, movies or books on tape. Also ask what they need help with.
- Notes and phone calls — Write brief, frequent letters or make short, regular calls rather than long, infrequent letters or calls.

Lurene Ladd
Parish Nurse
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THE MISSION OF FIRST BAPTIST CHURCH IS TO MINISTER TO OUR CONGREGATION, THE COMMUNITY AND THE WORLD, SO THAT ALL MAY EXPERIENCE THE LOVE AND GRACE OF GOD.

ABW JANUARY BRUNCH

The women of FBC are invited to the ABW January Brunch on Saturday, January 12th, from 10:00 a.m. to 11:30 a.m.

For the program our guest, Karl Taylor, will be telling us all about Elmwood, IL. I hear that he has great stories to tell. It should be a very interesting.

We will be collecting a Love Gift in boxes on the tables. We will also be collecting for Tom & Terry Myers, who are missionaries in Bulgaria.

Our meal will be sandwiches with fruit and dessert. The cost is \$4 at the door. Don't forget to register by phone to 685-1388 or by email to csimk@comcast.net. Guests are Welcome!! Let's have great participation to welcome Mr Taylor!!

—Carolyn Inhken

P.S. Nuts are still available and have been discounted!!

GIVING

Please contact the church office if you would like a supply of the blue giving envelopes for use in 2019: 309-682-5491 or office@fbcpeoria.com. Let us know if you need to have them mailed to you and how many you would like.

ABW JANUARY CIRCLES

Circle of Friends will meet on Tuesday, January 15th, at 12:30 p.m. in Fellowship Hall.

Evening Literature Circle will meet on Tuesday, January 15th, at 7:00 p.m. in the home of Delores Swigart, 2613 N. Linn St., Peoria. The book we will review is *Before We Were Yours* by Lisa Wingate.

CONTEMPORARY ISSUES CLASS

"The Science and Politics of Climate Change" will be the subject of the **January 13th** Contemporary Issues Class. The speaker will be Dr. Jeanie Bukowski, Associate Professor in the Institute of International Studies at Bradley University, with particular expertise in environmental politics and policy and international organizations, including the European Union. She will discuss the scientific consensus on climate change and explore the economic, social and political barriers to addressing this important global issue. Class will meet at 11:15 in the sanctuary.

Barb and Bernie Drake