

FIRST BAPTIST NEWS

MARCH 19, 2019



First Baptist Church

GRIEF SUPPORT GROUP

Starts Thursday, April 4, 2019 at 6:30 p.m.

Our congregation has experienced many deaths over the last several years. We invite anyone who has experienced a loss to be a part of this group. The group sessions will include videos and a time for sharing. Although each person's grief journey is unique, having a support group series can help participants move toward healing and hope.

Facilitators for this group are Bob Atwater and Candy Lacy. The group will meet for six sessions on Thursdays, April 4th through May 9th, from 6:30 to 8:30 p.m. in the church parlor. Please let the church office, Lurene Ladd, Bob Atwater or Candy Lacy know if you are interested.

Lurene Ladd
Parish Nurse

NEW CHURCH DIRECTORY

We have begun work with Lifetouch on a new church directory. We encourage all FBC members and regular visitors to add their name and photographs to the new directory. Pictures will be taken May 14 – 18, 2019. To schedule your appointment now, go to our church website, fbcpeoria.org, and click on the link provided. Choose a date to see a list of available appointment times, then click on the time you want and follow the instructions to complete your reservation. You will be asked to create a log-in and password and provide your e-mail and phone number as part of the appointment process. Once completed, you will be able to print a confirmation and will also receive a confirmation in your e-mail.

Gay Barton
Committee Chair

WORSHIP BAGS

We now have Worship Bags available for kids who attend worship! They include a children's bulletin related to Lenten scripture, coloring pages, and other fun books and activities. We'd love for you to pick one up at the Welcome Desk in the Warm Room and return it after service so we can get it ready for next week.

Casey Collins
Christian Education Board

KID'S CONNECTION

First Baptist has a fun new way for your kids to plug in! April 7th after worship, kids from birth through fifth grade will meet for "Kid's Connection," where they will dive into a Bible study followed by a snack and fun activity. This month's theme will be "Popping into Scripture." This time also serves as child care for adult Sunday School time. We look forward to this time together!

Casey Collins
Christian Education Board

Contact Us:

Dr. Robert Collins, Sr. Pastor
Mark Grizzard, Music Dir./Youth. Leader
Dr. Joshua Russell, Organist
Leigh Grizzard, Bell Choir Director
Sandy Johansen, Church Secretary

(309) 682-5491
(309) 310-9927
(319) 400-8920
(309) 682-5491
(309) 682-5491

robertdoncollins@icloud.com
markg@fbcpeoria.com
joshua@joshuarussellpianist.com
leigh.grizzard@gmail.com
office@fbcpeoria.com

First Baptist Church of Peoria
411 West Lake Avenue
Peoria, IL 61614-6093
Phone: (309) 682-5491
Fax: (309) 682-5450
E-mail: office@fbcpeoria.com



WORSHIP

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

11:00 a.m. Fellowship Time

Sunday, March 24, 2019

"RECLAIMING REPENTANCE"

Luke 13:1-9, Psalm 63:1-8

The word 'repentance' has fallen out of favor for most people. Understandably, when the church uses it to control people, those people aren't going to like the word or its meaning. But repentance was always meant to be something that made our lives better, not worse. The time has come to reclaim the practice of repentance.

Music: "Even When It Hurts" — Youth Band

Welcome Center: Karen Vickerman

Sunday, March 31, 2019

"WE HAD TO CELEBRATE"

Luke 15:11-32, Psalm 32:1-8

There was a huge celebration for the son who finally came home. Everyone was invited. While the whole party raged on, the father and older son stood outside conversing. Join us as we explore what it means to celebrate and to be invited to that celebration.

Music: "Is He Worthy?" — Chancel Choir

Welcome Center: Lynnelle Ryan

THANK YOU

I want to thank everyone for the cards, prayers and words of encouragement as I recovered from the surgery for my breast cancer.

Vicky Stewart

CONTEMPORARY ISSUES CLASS

The Social Determinants of Health – food insecurity, transportation access, the urban/rural divide and many others — will be the subject of our April 7th class. Our speaker, Dr. Sarah Stewart de Ramirez, will help us understand how U.S. health systems are grappling with how to best serve their most vulnerable populations by learning to address "non-health" topics like these. She'll also talk about the possibilities for innovation in health care.

Dr. Stewart de Ramirez is vice president and chief medical officer, Clinical Innovation at OSF St. Francis and director of Global Rural Innovation. Programs at the College of Medicine. Sarah grew up in our church and is the daughter of Doug and Vicky Stewart.

Barb & Bernie Drake, Class Coordinators

PRAYER CONCERNS

Tom Maulding	Char Austin	Helen Nicol
Sharon Stanard	Rose Kimpling	Mark Stanard
Jim Ashton	June Fredell	Rosemary Walk
Mary Hinch	Jerry Edwards	Pam Orrill
Alyssa Russell	Leon Vickerman	Jacquelyn Kellogg
Ted Osborn (Dr. Osborn's brother)		

Church Women United

Church Women United will hold a general meeting at 9:00 a.m. on Thursday, April 4th, at University United Methodist Church, 2818 N. University Street, Peoria.



HEALTH TIPS:

BENEFITS OF MEDITATION

(Mayo Foundation for Medical Education and Research)

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. These benefits don't end when your session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance.

Meditation and illness:

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress. While a growing body of scientific research supports the health benefits of meditation, some believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With this in mind, some research suggests that meditation may help manage symptoms of conditions such as: anxiety, asthma, cancer, chronic pain, depression, heart disease, high blood pressure, irritable bowel syndrome, sleep problems and tension headaches.

Be sure to talk to your health-care provider about the pros and cons of using meditation if you have any of these conditions or other health problems. Meditation isn't a replacement for traditional medical treatments.

Lurene Ladd, Parish Nurse

April 2019



First Baptist Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Please bring non-perishable food items on April 7th for Friendship House Food Pantry. Thank you for your support of this mission..</p>	<p>1 10AM MUGS2 @ Panera's</p>	<p>2 8:30AM FBC Exercise (Chapel) 10AM MUGS (Parlor)</p>	<p>3 5:15PM Guitar Reh 5:45PM Bells Reh. 6:30PM Lenten Dinner(Fell. Hall) 7:15PM Choir Reh</p>	<p>4 8:30AM FBC Exercise (Chapel) 6:30PM Grief Support Group (Parlor)</p>	<p>5 9AM Meditation Class (Chapel)</p>	<p>6 8AM Men's Brkfst.</p>
<p>7 COMMUNION SUN.  9AM Music Rehrl. 10AM Worship & Children's SS 11AM Fellowship Time 11:15AM Cont. Issues Class (Sanctuary)</p>	<p>8 10AM MUGS2 @ Panera's</p>	<p>9 NEWSLETTER 8:30AM FBC Exercise (Chapel) 10AM MUGS (Parlor) 6:30PM Board Meetings</p>	<p>10 Rehearsals: 5:15PM Guitar Reh 5:45PM Bells Reh. 6:30PM Choir Reh.</p>	<p>11 8:30AM FBC Exercise (Chapel) 6:30PM Grief Support Group (Parlor) 6:30PM Diac. Mtg. (Chapel)</p>	<p>12</p>	<p>13 10AM ABW Brunch</p>
<p>14 PALM SUNDAY 9AM Music Rehrl. 10AM Worship & Children's SS 11AM Fellowship Time 11:15AM Exec. Mtg.</p>	<p>15 10AM MUGS2 @ Panera's 11AM Heart-Warming Hats</p>	<p>16 8:30AM FBC Exercise (Chapel) 10AM MUGS (Parlor)</p>	<p>17 4:15PM Music/Fine Arts Mtg. (Parlor) Rehearsals: 5:15PM Guitar Reh 5:45PM Bells Reh. 6:30PM Choir Reh.</p>	<p>18 8:30AM FBC Exercise (Chapel) 6:30PM Grief Support Group (Parlor)</p>	<p>19 GOOD FRI.</p>	<p>20 1PM Community Easter Egg Hunt</p>
<p>21 EASTER 9AM Music Rehrl. 10AM Worship & Children's SS 11AM Fellowship Time & Easter Egg Hunt</p>	<p>22 10AM MUGS2 @ Panera's</p>	<p>23 NEWSLETTER 8:30AM FBC Exercise (Chapel) 10AM MUGS (Parlor) 12PM Circle of Friends (Parlor)</p>	<p>24 Rehearsals: 5:15PM Guitar Reh 5:45PM Bells Reh. 6:30PM Choir Reh.</p>	<p>25 Rummage Sale Set-up (Fell. Hall) 8:30AM FBC Exercise (Chapel) 6:30PM Grief Support Group (Parlor)</p>	<p>26 6:30PM Dining Out Group</p>	<p>27 8:00AM-2PM Rummage Sale (Fell. Hall)</p>
<p>28 9AM Music Rehrl. 10AM Worship & Children's SS 11AM Fellowship Time</p>	<p>29 10AM MUGS2 @ Panera's</p>	<p>30 8:30AM FBC Exercise (Chapel) 10AM MUGS (Parlor)</p>	<p>COMING SOON! A NEW CHURCH DIRECTORY. WE HAVE INVITED LIFETOUCH CHURCH DIRECTORIES AND PORTRAITS TO PHOTOGRAPH YOU MAY 14—18, 2019. TO SCHEDULE YOUR APPOINTMENT NOW, GO TO FBCPEORIA.ORG AND CLICK ON THE LINK PROVIDED.</p>			



First Baptist Church

411 W Lake Avenue
Peoria IL 61614

NONPROFIT ORG.
U.S. POSTAGE
PAID
Peoria, Illinois
Permit No. 677

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.



2019 EASTER EGG HUNTS

Community Easter Egg Hunt

Saturday, April 20th, 1:00 p.m.

FBC Easter Egg Hunt

Easter Sunday, April 21st, after Worship Service.

Please contact Karen Pilgrim (ph: 309-369-2431, e-mail: khpilgrim@comcast.net) if you can help.

Meditation Class

The Health & Wellness Committee will host a 30-minute Meditation Class at 9:00 a.m. in the church's chapel starting Friday, March 22nd. The class will meet for four consecutive Fridays.

The instructor, Mugdha Pattekar, will focus on breathing and relaxation techniques.

RUMMAGE SALE

**SATURDAY, APRIL 27TH,
8:00 AM—2:00 PM, FELLOWSHIP HALL**

Items donated for the sale may be left at the church any time before the sale. Contact Deb McGlothlen (635-3666) or the church office (682-5491) to arrange drop-off time and date.



HELP DECORATE OUR SANCTUARY FOR EASTER SUNDAY

**GERANIUM PLANTS \$15 EACH
ORDER NOW THROUGH APRIL 14TH
IN THE THE CHURCH OFFICE,
OR SUNDAYS, MARCH 31-APRIL 14TH IN
THE WARM ROOM.**

