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FEBRUARY 2024



Hello Church

Can you believe it? The season of lent is already here! Lent is a season in the Christian calendar of reflection and repentance. We are meant to concentrate on the teachings and life of Jesus. In doing so we prepare to remember the cross of Christ, the death of Jesus, and the resurrection of the Son of God. Put simply, lent takes us to the cross and the cross takes us to Easter Sunday.

During Lent, on Wednesday nights, we have “Lenten Dinners” at 6:30 p.m. During these meals there is a pastor led Bible study for youth and adults. Our children will have Kids Choir at 6:30 p.m. This year’s Bible study is **Holy Week Through the Eyes of Mark**. In this study we will focus deeply on the last chapters of Mark’s gospel, all of which are about the last week of Jesus’ human ministry before the resurrection.

Each season of Lent I try to go back and focus on my goals for our church. Early in my tenure I penned this little phrase: “*Vibrant, Inclusive, Authentic Christian Community.*” That phrase is hanging in my office and is ever-present as I plan, pray, strategize, pastor, and preach.

So, as we enter into the season of lent, I invite you to join me in reflecting on these ideas. What does it mean to be *vibrant*? How can we be more *inclusive*? Where are we most *authentic*? How do we express our Christian-love to others? All of these questions are worthy of our time and prayers.

Psalm 139:23-24 says this:

*Search me, oh God, and know my heart;
Test me and know my anxious thoughts.
See if there is any offensive way in me,
And lead me in the way everlasting.*

Lent is a great season to search ourselves and to welcome God’s searching as well. It is the right time to reflect and remember and express our gratitude for the blessings of this life. Let us do that together, and let us follow our God in the way everlasting.

Blessings on all of you!

Dr. Rob Collins
Senior Pastor

Contact Us:

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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.

Parish Nurse Moment - What Is Mental Exhaustion?

It’s kind of like physical tiredness, except it’s your mind instead of your muscles. It tends to show up when you focus on a mentally tough task for a while. You might also feel this kind of brain drain if you’re always on alert or stressed out. Your job, caring for children or aging parents, and other things can lead to mental exhaustion.

You’re Angry or Impatient - Mental fatigue can put you in a bad mood. You may be short-tempered or irritated, snapping at people more often. It’s harder to control your emotions when you’re mentally tapped out.

You Can’t Get Work Done - Everyone’s productivity goes up and down. But mental exhaustion can make it really hard to concentrate. It also saps your motivation. You might get distracted easily or start to miss deadlines. Even small tasks may seem overwhelming.

You Zone Out - This can look like mind wandering or drowsiness. It makes it hard to pay close attention to what you’re doing, and you may not react to things very fast. That can be dangerous in certain situations, such as driving.

PRAYER CONCERNS:

Judy Ryan
Garland Criswell
Jerry Edwards
Alyssa Russell
Butch and Karen Vickerman
John Crawford
Betty Hart
Char Austin
Robert Jackson
Bob Atwater
Sharon Polakow
Thelma Hopwood
Bob Hinch
Beryl and June Fredell
Gordon Brown

You Don’t Sleep Well - You might think it’d be easier to snooze when your brain is tired. But that’s not always the case. Research shows people who have jobs with a high “cognitive workload” report more symptoms of insomnia than those who don’t have mentally exhausting work. A lack of shut-eye can make mental fatigue worse. Tell your doctor if you can’t sleep or get really tired during the day. Treatment can help.

You’re Depressed - You may not have any energy or feel like you’re moving in slow motion. Some people say they feel numb. That can make it hard to finish things at work or do daily activities. Tell your doctor if you have really low feelings or a sense of hopelessness for longer than two weeks. That can be a sign your depression is more serious.

Find Ways to Relax - It’s hard to avoid mental exhaustion completely. But you can learn to switch on your body’s natural relaxation response. You can get a massage, try meditating, yoga, or something as simple as watching a funny movie. Reach out to friends, family, or a mental health professional if you need more support.

FBC AT A GLANCE FOR 2024:

February 14	Wednesday	Ash Wednesday Service @ 6:30
February 21	Wednesday	Lenten Dinner @ 6:30 pm
February 28	Wednesday	Lenten Dinner @ 6:30 pm
March 06	Wednesday	Lenten Dinner @ 6:30 pm
March 10	Sunday	In & Out for Children @ 11-2
March 13	Wednesday	Lenten Dinner @ 6:30 pm
March 24	Sunday	Palm Sunday
March 29	Friday	Good Friday Service @ 6:30 pm
March 30	Saturday	Community Easter Egg Hunt @ 11 am
March 31	Sunday	Easter Worship Service
April 27	Saturday	Spring Clean-up
April 28	Sunday	America for Christ Offering
May 19	Sunday	Graduation Sunday
July 28	Sunday	One Great Hour of Sharing Offering
August 17	Saturday	Summer Music Concert
August 18	Sunday	Outdoor Worship Service & Backpack Blessing / Back to School
Sept. 22	Sunday	World Mission Offering
October 5	Saturday	Fall Yard Cleanup
October 27	Sunday	Consecration Sunday Kids' Carving Pumpkins @ 11:15
October 27	Sunday	Trunk or Treat @ 4-5 pm
Nov. 24	Sunday	Retired Ministers/Missionaries Offering
Dec. 1	Sunday	1st Sunday of Advent In & Out for Children @ 11-2
Dec. 15	Sunday	Christmas Concert @ 6 pm
Dec. 24	Tuesday	Christmas Eve Service @ 5 pm

SPECIAL AWARD FROM THE FBC COMMISSIONER OF FANTASY FOOTBALL!

CONGRATULATIONS BRYAN POTTS!!



Ever think the way you understand the Bible and/or faith might not be the only "correct" way? If you are one who likes to read, explore, and learn, you just might love being a part of our book group.

MUGS I (which meets in the Parlor at 10 a.m. each Tuesday) is led by Laura Laninga. We will begin a new book study on Tuesday, March 5, with **Sermon on the Mount by Amy-Jill Levine** as our focus. We'd love to have you join us! Contact Gay Barton, 309-231-5561, for more information.

PLAN ON JOINING US! All ages are welcome!



Saturday, February 24, 10:30 -12 noon in the Parlor, Susan Turner will be continuing Card Design! **THERE IS NO PRIOR EXPERIENCE NEEDED!** Join us for paper crafting, an easy, simple and fun way to make cards for every occasion. During the class, you will make two cards to share. Believe us that are attending, it is easy and fun getting together. **Samples are available for viewing in the office.** To ensure sufficient supplies for all participants, please RSVP to the church office via email, office@fbcpeoria.org, or phone, 309-682-5491, no later than February 20th.



Here we are, February already! If you were unable to attend the annual meeting on January 28, I encourage you to get a copy of the Annual Report to review all the summaries from 2023 FBC happenings including the Financial Summaries for 2023 and budget outlook for 2024. There are copies on the back table in the Narthex or contact the church office. Through super strong giving both in pledge and plate, diligent budget management by the boards and reasonable

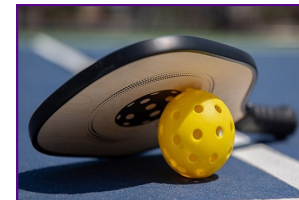
use of unrestricted earnings, we came out of 2023 much, much better. **Thank you for your financial support and prayers.**

What does 2024 bring? Sure, challenges continue (\$76,000 gap!) but I really think in the year ahead we will continue to keep 2023 momentum going. We likely will have to consider use of unrestricted investment earnings to supplement projected revenues (not what we want to do on an annual basis) but something we need to carefully consider in growing our presence and enabling us to share God's message of Faith, Hope and Love to our neighbors, community and frankly to ourselves. Please see the Annual Report for 2024 budget specifics. Thank you in advance for your continued support of our church ministries and the budget.

Doug Miller, Treasurer

Pickleball - what is it? Are you interested?

Pickleball anyone? Thanks to those of you that expressed interest in playing/learning pickleball. I will have a net setup in Fellowship Hall on Tuesdays and Thursdays, 9:45 - 11:00 a.m., for the month of February to cover basics about the game - fundamentals, scoring, etc. and work into



playing some games. I will have paddles to use and provide balls during these times. For those that are interested but the above times won't work, please reach out to me (phone, email) to let me know your availability options for evenings (excluding Wednesdays), or possibly a Sunday afternoon time. We will give it a go in February and see from there what the future might hold. There are many opportunities to play in the Peoria area at all skill levels - I can advise on those options. Doug Miller, 309-453-5355, milleda1@comcast.net.

Dessertarian (noun)

The person who loves dessert.

DESSERTARIANS



Dessertarians for 2024 will begin in April. Since Easter and Lenten dinners will be in March, we will start Dessertarians the third week in April. We will have an all new sign up for everyone during March. Dessertarians will continue to meet on the third Sunday of each month at 6:00 p.m. This is a great time for fellowship and to become better acquainted with members and friends of First Baptist Church. Watch the March newsletter for more information.

From the Office: There was no January newsletter due to the Annual Meeting documentation.