

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (July 18)

PRESCHOOL I: Cindy Ketron, Beverly Rorrer

PRESCHOOL II: Peggy Shoemaker, Marilyn Dockery

PRESCHOOL III: Lynn Shoemaker, Debbie Johnson

USHERS (July 18)

Russell Ratliff, Ralph Young,
Eddie McDavid, Devie Owens

GREETERS (July 18)

Devie & Crystal Owens, Phyllis Sipe,
David & Yvonne Raden

JULY 19 VISITATION- Deacon Representatives

Hagan Bowen, Randy Smith

And the People Came . . . (July 11, 2010)

Sunday School	155
Bible Study (B. Seymour)	77
Homebound	1
SONshine Seniors Bible Study (Fri.)	11
Total in Bible Study last week	244

And the People Gave . . . (July 11, 2010)

Weekly Requirements	\$ 9,823.26
Received July 11	\$ 11,945.67
Designated July 11	\$ 1,015.32

Our church is supported by tithes and free-will offerings.

It is the privilege of all members to give regularly as God has prospered.

Christmas in July

See Sunday's bulletin for a list of needed items. All items need to be turned in by Sunday, July 25. If you do not have the time to purchase these items, you may donate money and we will purchase them for you.

Cheryl Gibson
WMU Director



**Birthday Party Celebrating
100th Birthday of
Louise Gibson**

**Saturday, July 31
1:00 – 4:00 PM
CBC Activities Building**

**Your presence is the only gift requested.
Hope to see you there!**

Calvary Baptist Church

Pastor:	Dr. Donnie C. Brannen
Music/Education:	Rev. D. Mikel Caywood
Children /Youth:	Rev. Jon Hoover
Secretary:	Jennifer Ramey
Organist:	Frances Mooney
Pianist:	Debbie Johnson
Keyboard:	Lemuel Mixon
Drummer:	Brian Shoemaker
Parish Nurse:	Barbara Bowling, RN

Periodicals

Heart and Hand (USPS 974-380) Published weekly except Christmas week by Calvary Baptist Church, 1238 Pine Street, Kingsport, Tennessee 37664-2432. Periodicals Postage Paid Kingsport, Tennessee.

Heart and Hand

"Experiencing Christ Through Caring and Sharing"



**Calvary Baptist Church
1238 Pine Street
Kingsport, TN 37664
(423) 245-9157**

Filled with compassion Jesus reached out and touched the man. – Mark 1:41

Vol. LXIX No. 27

July 14, 2010

Schedule of Ministry

Sunday, July 18

9:15 AM Bible Study
10:30 AM Morning Worship
5:30 PM The Refinery
6:30 PM Evening Worship

Monday, July 19

YOUTH Trip to Carowinds
6:30 PM Visitation
6:30 PM Sign Language Class (Rutledge Class)

Wednesday, July 20

6:15 PM Handbells
6:30 PM Older RAs, Acteens, & GAs
6:30 PM Business Meeting
7:30 PM Choir Rehearsal

Friday, July 23

12:00 Noon SONshine Seniors Bible Study (CH)

**Guatemala Mission Trip Share Time
Sunday, July 18**

6:30 PM

Come see the video, hear their testimonies and learn about the many wondrous things God did.

A TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY

“I went to sleep with gum in my mouth and now there’s gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible, no good, very bad day.”

So begin the trials and tribulations of Alexander, the hero of Judith Viorst’s 1972 children’s book *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. As Alexander’s day progresses, the day that started badly just gets worse and worse: no toy in his cereal box, getting smushed in the middle seat of the car, no dessert in his lunch, a cavity at the dentist’s office, lima beans at supper, and <GASP!> witnessing kissing on TV. He resolves several times to move to Australia, because he’s heard everything’s upside-down there, and so bad days would be good days there. Hmm...good logic...except that good days would also be bad days there.

WARNING: FOR THOSE WHO THINK THAT PASTORS ALWAYS HAVE THEIR ACTS TOGETHER (AND WISH TO CONTINUE THINKING SO) READ NO FURTHER!

I had my own “terrible, horrible, no good, very bad day” Monday. No need to go into details...because I really don’t want to relive them. In case you’re wondering, almost none of it had anything to do with the church, but suffice it to say that everything I attempted that day took longer and yielded less than I hoped, presented unforeseen roadblocks and irritating delays, and just in general aggravated me to no end. Like Alexander, I was ready to move to Australia (“On the Boomerang Express...”). My stress level (and no doubt my blood pressure) rose with every hour of the day. I’d like to tell you that I handled it with overwhelming grace and flair, manifesting a ready smile and a full harvest of the fruit of the Spirit, but who wants to add lying into the mix?

We all have those terrible, horrible, no good, very bad days, don’t we? In I Thessalonians 5:16-19, Paul hits us with four rapid fire exhortations: “*Rejoice always, pray without ceasing, in*

everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.” Ouch. Yesterday I was 0 for 4. I certainly wasn’t rejoicing, praying or giving thanks, and I suspect that the Spirit was quite quenched by my fleshly anger, impatience and irritation.

Perhaps the most perplexing part of the passage is the part that says, “*for this is the will of God...for you.*” Is it saying that giving thanks in everything is God will for us, or that whatever situation we’re in is God’s will for us? The answer is “Both.” Certainly those truths are taught elsewhere in the Scriptures. The Bible teaches us that everything that happens to us is “Father-filtered,” that God neither sends nor allows anything into our lives that is not for our ultimate (though not always immediate) good. That truth (and our faith in that truth) is the reason we can (if we choose to) rejoice always. And even if we can’t give thanks for everything that we’re going through, we can still give thanks in everything we’re going through. The Scottish preacher Alexander Whyte (1836-1921) was known for his eloquent pastoral prayers, all of which were generously laced with thanksgiving. One bleary, windy, rainy and bitterly cold Sunday morning, Whyte mounted the pulpit to pray. “Surely Dr. Whyte will find nothing to thank the Lord for on such a morning as this,” thought one of his parishioners. He began as he always did: “We thank Thee, O God...” and then there was an uncomfortable pause before he finished, “...that it is not always like this.” In every situation, there is something to be thankful for, even if it is merely that “it is not always like this.”

I awoke this morning feeling the effects of my day of stress on my body – every muscle and bone in my body ached. It reminded me of a two-year period of unrelenting stress in my past, a time period when I awoke EVERY morning feeling that way. I thanked the Lord that I survived those difficult years. I thanked the Lord that I had pretty much forgotten what it feels like to wake up in such a condition. And I thanked the Lord that it is not always like this. Indeed, I thanked the Lord that it is not even OFTEN like this. I decided that I didn’t want to go to Australia after all. If things are truly upside-down there, then I would surely have far, far more bad days than good there.

Most of yesterday’s stressors remain unresolved, merely postponed for the time being. But the more I am thankful, the

more I rejoice, the more I pray, the more I respond to the Spirit and reject the Flesh, and the more I recognize God’s hand in my circumstances, the better I am, and the better I am able to handle whatever comes along.

So let me encourage you when you run headlong into your next “terrible, horrible, no good, very bad day,” as no doubt you will. When you feel the stress rising inside you, use it as a signal to stop, to pray, to rejoice and to express thanks, if for nothing else, that “it is not always like this.” And not only is it not always like this, a time is coming when it will NEVER be like this (Revelation 21:1-5). Ask the Spirit to guide your reactions, that the fruit of the Spirit might prevail over the deeds of the Flesh (Galatians 5:19-23).

Happier to be in Kingsport than Anywhere Else on Earth (even Australia...):

Bro. Donnie

(Numbers 6:24-26)

A very special thank you to everyone who had a hand in reaching out to our community. No matter what part you played it took all of us to make Villagefest a reality. Calvary showed them Jesus with us, in us and through us. May God bless each of you for your willingness to do for others.
Thank you,
Tony and Renee Queen

Christian Love & Sympathy . . .

The family of Fannie Robinette

The family of Essie Lane

Our thoughts and prayers are with each of you.

**Tennessee Music Ministry Leadership
Conference 2010**

Colonial Heights Baptist Church

August 7, 2010 9:00am - 12:00pm

Early Bird conference Registration fee is \$15 per person up until July 22. After then, cost is \$25 per person.