

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (June 27)

PRESCHOOL I: Carolyn Wood, Wilma Washington

PRESCHOOL II: Amy Bowling, Pat Smith

PRESCHOOL III: Nathan Bowling, Sara Robinson

USHERS (June 27)

Ellis Smith, Chairman
Chris Bass, Tony Queen
David Raden, Pete Ham

GREETERS (June 27)

Fred & Sue Luethke, C.B. & Ina Shanks

JULY 5 VISITATION- Deacon Representatives

Tim Bass, John Thomasson

And the People Came . . . (June 20, 2010)

Sunday School	149
Bible Study (B. Seymour)	92
Homebound	1
SONshine Seniors Bible Study (Fri.)	8
Total in Bible Study last week	250

And the People Gave . . . (June 20, 2010)

Weekly Requirements	\$	9,823.26
Received June 20	\$	6,716.22
Designated June 20	\$	1,245.22

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

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



Tickets will be available from the church office, starting Monday, June 21st.

Join us for VillageFest 2010

**Entertainment
Cake Walk
Prizes**

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

**Pony Rides
Free Food
Games**

**Saturday, July 10, 2010
at
Borden Park
10:00 AM – 2:00 PM**

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. 24

June 23, 2010

Schedule of Ministry

Sunday, June 27

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

Monday, June 28

6:30 PM Sign Language Class (Rutledge Class)

Wednesday, June 30

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

Friday, July 2

12:00 Noon SONshine Seniors Bible Study (CH)

With summer here, we encourage you to take advantage of the beautiful days and warm evenings. Turn off the TV and spend time with loved ones. Explore God's wonderful beauty by walking in your neighborhood or hiking in a local park. Whatever you do, remember to enjoy life and always give God thanks for the wonderful things He does for us.

Sometimes you find treasure while looking for something else. Recently, I was online looking for something else when I came across this article by J. Lee Grady, and I wanted to share it with you.

SOMETIMES YOU NEED TO TALK TO YOURSELF

Back in the old days, if you saw a guy talking to himself while he walked down the street you assumed (1) he had just walked out of a bar, (2) he was slightly on the loony side or (3) he had misplaced some money and was retracing his steps—like when absent-minded Uncle Billy lost his cash deposit in *It's a Wonderful Life*.

Today lots of people talk to themselves and we know they're not drunk, crazy or confused. They are wired to their phones, either with ear buds, headsets or Bluetooth devices. (What do you call more than one Bluetooth? *Blueteeth*?) What's weird is when you go into a men's restroom in an airport and guys are standing around talking to themselves—and closing business deals—with the sound of toilets flushing in the background. Welcome to the wireless generation!

I still prefer to hold my phone to my ear, maybe because I want people to know that I'm not muttering to myself. And I'm sure Miss Manners would agree that it's not acceptable, even in this high-tech age, to place a call from a public restroom. But regardless of what kind of phone you use, or where you use it, I believe there is an acceptable time to talk to yourself. In fact, there is a time when talking to yourself is imperative—and this is when you are discouraged.

We learn this truth from King David, who faced an overwhelming amount of adversity during his journey through life. One of his worst moments is recorded in 1 Samuel 30, when the Amalekites raided his camp, burned his army's possessions and kidnapped all the women and children. The loss was bad enough, but then David's men turned on him and threatened to stone him. Things went from bad to worse.

Yet everything in David's situation turned around dramatically after verse 6, which says, "But David strengthened himself in the Lord his God" (NASB). Other translations say he "encouraged himself in the Lord." After his unusual self-counseling session, David's spiritual batteries were recharged, his demoralized army was miraculously remobilized and the men recovered all that the enemy had stolen.

How did David encourage himself? The Bible doesn't tell us his choice of words. But we know from reading the Psalms that

David had certain patterns in prayer, and that he did not always direct his words to God. Sometimes he praised the Lord, and sometimes he spoke directly to his own weary soul.

In Psalm 27, David says he went to "the secret place"—his private haven of prayer—and there he offered shouts of praise. He became bold and rambunctious in God's presence. He knew that in times of discouragement, when dark clouds of depression seem to smother all hope, we must open our mouths and turn up the volume. Praise, especially the loud variety, is the best way to break the chains of doubt, fear, worry and despair.

But we also need to speak God's truth into our situation by making faith declarations. David said in Psalm 103:1, "Bless the Lord, O my soul, and all that is within me, bless the Lord!" He commanded his emotions to rejoice. He reminded his weary soul that God was greater than his enemies. He talked to himself in order to remind his doubting heart that God's promises are certain.

Are you in the midst of a personal crisis? Has the enemy raided your life and left a trail of havoc? Are you under a cloud of discouragement? After you have gone to your secret place and praised the Lord with all your energy, go one step farther and confess your faith out loud. I do this on a regular basis, and I say things like this:

- Greater is He who is in me than he that is in the world.
- I am more than a conqueror through Him who loves me.
- My God will supply all my needs according to His riches in glory.
- Nothing can separate me from the love of God.
- The Lord will guide and counsel me with His eye upon me.
- The Lord is with me even when I pass through the valley of the shadow of death.
- God has not given me a spirit of fear but of love, power and a sound mind.
- There is no condemnation to those who are in Christ Jesus.
- I can boldly come before the throne of grace to find help in time of need.
- When I abide in Jesus I will bear much fruit.
- The Holy Spirit will flow out of me like rivers of living water.

- The Spirit of the Lord has anointed me and sent me to proclaim liberty to prisoners.

The Word of God has the power to revive you, no matter what you are going through. Speak His promises over your situation. Talk to yourself using His words. True faith will arise and new joy will give you the strength to face every battle.

MISSION TEAM TO GUATEMALA

Don't forget to be especially in prayer this week and next for our mission team to Guatemala as they depart Kingsport on Thursday, June 24 and return on July 2. Pray for their safety as they travel, and pray for many souls to be saved through their efforts.

Numbers 6:24-26,

Bro. Donnie

THANK YOU

We would like to express our gratitude to our church family for all the food, visits, calls and most of all the prayers during the recent loss of Sabrina. Also, to Pastor Donnie Brannen and the quartet for meeting our needs. God has truly blessed us with such a loving and caring church here at Calvary. Your support helped us during this difficult time.

The family of Sabrina Light,
Patsy, Dustin, Kristin, Lesa



Father's Day Offering 2010

Each year Tennessee Baptist are encouraged to give generously and willingly to the Father's Day Offering in honor of, or as a memorial to, their fathers. Please pray for the ministry of Tennessee Baptist Adult Homes
Calvary Baptist will give you an opportunity to give throughout the month of June.