



# FREDERICKSBURG BAPTIST CHURCH

1019 PRINCESS ANNE ST. FREDERICKSBURG, VA 22401

540-373-4402

[www.FredericksburgBaptistChurch.org](http://www.FredericksburgBaptistChurch.org)

Ministry Partner with the Cooperative Baptist Fellowship and the Baptist General Association of Virginia

# F B C N E W S



Each Wednesday during the season of Lent, the Micah Ecumenical Ministries will offer worship services from 12:00—12:30pm with a lunch following at the host churches. A schedule of the host church locations and the ministers who will preach are listed below:

Wednesday, February 24—Fredericksburg Baptist Church—Rev. Alice Cates

Wednesday, March 3—Fredericksburg United Methodist Church—Rev. Lawrence Davies

Wednesday, March 10—Shiloh Old Site—Rev. Jim Dannals

Wednesday, March 17—Shiloh New Site—Rev. Allen Fisher

Wednesday, March 24—Trinity Episcopal Church—Father Don Rooney

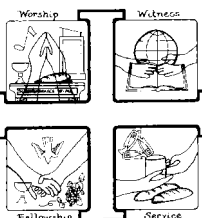
An offering will be collected to support Micah Ecumenical Ministries

## Gifts Celebration: Part II

The Gifts Celebration: Part II will be re-scheduled for this Sunday, February 21st during the 8:30 worship time and 9:45 Sunday School hour. Plan to join us in Ferrell Hall. We will still use a football analogy, so if your team did not win or if you're just not ready for football to be over, come ready for some fun conversation about football and using our spiritual gifts as one body of believers. While some said they would enjoy chili for breakfast, we'll stick with muffins, pastries, and coffee this time around and save the chili cook-off for another day. Looking forward to coming back together with you all!



# Celebrate our Gifts



**Larry Haun**, Pastor  
**Ann Marlow**, Minister With Preschoolers and Children  
**Jeanne Anderson**, Minister with Missions  
**David Haun**, Minister with Youth and College Students  
**Sarah Bush**, Minister of Congregational Development

**Patti English**, Associate Pastor  
**Mike Patch**, Minister of Music  
**Dennis Sacrey**, Church Administrator  
**Shirley Onderdonk**, Organist

## Coming Up This Week

### SATURDAY, FEBRUARY 20

Minister on Call— An Marlow 786-6063  
6:00am Youth to Wintergreen Ski Trip  
7:30am Men's Prayer Breakfast  
9:30am K-5th Gr. Movie, Popcorn & Games  
6:00pm The Marriage Course

### SUNDAY, FEBRUARY 21

8:30am Worship/Celebration of Gifts, Part 2  
9:45am Sunday School  
11:00am Worship/Children's Church  
12:30pm Kirundi/Swahili Hymns & Scripture  
4:00pm Sunday Night Activities for Children  
4:00pm Prayer Shawl Ministry  
4:00pm Women's Bible Study  
5:00pm Genesis Ringers  
7:00pm Youth Return from Wintergreen

### MONDAY, FEBRUARY 22

12:30pm Staff Meeting

### TUESDAY, FEBRUARY 23

10:30am ESL Classes  
1:00pm Revelation Ringers  
5:00pm Acrylic Painting Class  
7:00pm THEOS

### WEDNESDAY, FEBRUARY 24

10:00am Woodmont NH  
5:20pm Church Family Dinner  
6:00pm Media Center Opens  
6:00pm Preschool/Children/Youth Activities  
6:10pm Prayer Meeting  
6:25pm Adult Study  
6:30pm First Light  
7:20pm Sanctuary Choir

### THURSDAY, FEBRUARY 25

10:30am ESL Classes  
4:00pm International Choir  
5:00pm Community Meal

### FRIDAY, FEBRUARY 26

### SATURDAY, FEBRUARY 27

Minister on Call— Patti English 899-6557  
8:00am Deacons' Retreat @ Montpelier  
6:00pm The Marriage Course

### SUNDAY, FEBRUARY 28

8:30am Worship  
9:45am Sunday School  
11:00am Worship/Children's Church  
12:30pm Kirundi/Swahili Hymns & Scripture  
4:00pm See Sunday Night Schedule

#### Youth Website

The Youth Ministry also has its own website with news and a calendar of events. The site address is [www.fbcyomt.org](http://www.fbcyomt.org).

## Responsibilities for the Coming Week

### Greeters Schedule February 21, 2010

Princess Anne St: Jerry & Vicki Silver  
Hallway outside Chapel: Mike Wondree  
Sanctuary Door: Joe & Pat DiCecca  
Caroline Street: Harris & Dottie Judy  
Children's Area: Bea Wondree  
Youth Area: Volunteer from Youth Class  
Amelia St.: Hugh Mullen

### Extended Session February 21, 2010 8:30am Service

**Contact Person:** Ann Marlow 786-6063  
**Infant Care (PA14):** Robert & Chalee Carmichael  
**Toddlers & Preschoolers (PA12):** Angela McCormick, Dawn Whitehurst

### 11:00am Service

**Contact Person:** Donna Morris 898-6479  
**Bed Babies:** Jan Pierson, Jennifer Bowles  
**Toddlers & 2s:** Aaron & Tara Lehmann, Allen Bennett  
**3s & 4s:** Adam & Norah Pence, Janice Ashley

### Bus Drivers

### February 21, 2010

James McGlone, Randall Pierce,  
George Whitehurst

### Wednesday Night Supper Menu-February 24, 2010

BBQ Chicken, Parsley Potatoes, Broccoli, Pink Cranberry Freeze, Fresh Fruit, Mini Corn Dogs, French Fries, Tossed Salad Dessert  
Be sure to call the church office (373-4402) by Monday afternoon if you would like to make or cancel a reservation for the following Wednesday Night Supper.

### Sunday Evening Schedule

4:00pm Preschool/Children's/Sixers Activities  
4:00pm PraiSong  
4:00pm Prayer Shawl Ministry  
4:00pm Women's Bible Study  
4:30pm Children's Snack Supper  
5:00pm Youth Snack Supper and Cooperative Games  
5:00pm Genesis Ringers

### Children's Website

The Preschool and Children's Ministry also has its own website with news and a calendar of events. The site address is [www.fbckomt.org](http://www.fbckomt.org).

The calendar of activities for February can be viewed online at [www.fredericksburgbaptistchurch.org/Calendar.pdf](http://www.fredericksburgbaptistchurch.org/Calendar.pdf)

## Among Our Family

### In the Hospital

**MWH:** Margaret Van Auken  
**UVA:** John Helfrich  
**Health South:** Jean Bryant

### Memorials

**Music Ministry Fund** for *Karen Brennan* given by Ben & Janice Clark, Malcolm & Kathy Fenwick, Barbara Garnett, Chris, Gail & Josh Hylton, Jack & Barbara Louthan, William & Phyllis Patton, Virginia Powell, Jerry & Vicki Silver, George & Lucille Skinner, Jim & Bettie Wiltshire, Maranatha Touring Choir, Inc., Maranatha Gospel Choir, Mrs. Gary Williamson  
**Ministry Memorial Fund** for *Glenn Blair, Karen Brennan, Betty Jo Cates* given by Marion Blair...for *Lucille Carrington* given by Marion Blair, Fredericksburg Auto Auction  
**Building Upon Our Heritage in Missions Fund** for *Karen Brennan* given by Johnny & Kathy Jones, Bill & Linda Keiner...for *Lucille Carrington* given by William & Phyllis Patton, Baraca Sunday School Class...for *Betty Jo Cates* given by Johnny & Kathy Jones, William & Phyllis Patton, Jerry & Vicki Silver, Ruth Litchfield  
**Embrey Endowment Fund** for *Karen Brennan* given by Sam & Laura Smart...for *Lucille Carrington* given by Edith Withers...for *Bertha Sullivan* given by Ben & Janice Clark, Chris, Gail & Josh Hylton, William & Phyllis Patton, Jerry & Vicki Silver, George & Lucille Skinner, Edith Withers, Walter & Shirley Embey & Family, Ruth Greaser, Keith & Sheryl Haney & Yerby Oesterheld, Joyce Kain, Elizabeth Lontz, Bonnie Stone, Zenas & Bernadette Van Slyck  
**Dyal Center Fund** for *Doylene Wilkes* Ben & Janice Clark  
**Children's Ministry Fund** in honor of *Gertie Adams, Alice Gray Newcomb* given by Johnny & Kathy Jones  
**Special Friends Ministry Fund** for *Doylene Wilkes, Doris Campbell* for her birthday, Feb. 12 given by Marian Wiltshire

### Congratulations To:

Daniel & Tammy Bowling on the birth of their son, Andrew Edward, born Feb. 15

### Sympathy To:

Wayne Via in the death of his sister, Amy Via; Charles Leonard in the death of his brother, Jerry Leonard

## Men's Prayer Breakfast



The Men's Prayer Breakfast will be held Saturday, February 20 at 7:30am in Ferrell Hall. All men are invited to join together for this time of prayer and fellowship over breakfast.

## Youth Girls Day Away And Guys Day Out Saturday, March 6

We will be heading out for a day of fun. Put your ideas in today. We will leave the church parking lot 11:00am and return by 6:00pm. The return time may depend on the activity.

## K-5th Graders Movie, Popcorn & Games in Ferrell Hall Saturday, February 20 9:30am to 12:30pm



Join us in Ferrell Hall at 9:30am to watch the beloved classic story, "Charlotte's Web". We will have popcorn during the viewing, and there will be time for some active group

games afterward. Please plan to join us and bring a friend along! Sign up is available online at [www.fbckomt.org](http://www.fbckomt.org)

## Beginning Sign Language Classes

Great opportunity for those who may be considering volunteering for the Silent Friends Ministry or just want to communicate with our Deaf members.

Six-Week Courses

6:00pm—8:00pm

Cost: \$70.00

Location: The disAbility Resource Center  
409 Progress St., Fredericksburg, VA 22401

Dates:

March 9-April 6; May 4—June 8

September 8—October 12

**Special class for Children Age Limit 8 yrs.**

June 22—July 27

Time: 6:00-7:00pm

Cost \$45.00

Please pre-register by calling the disAbility Resource Center 540-373-2559 or email Arva Priola [apriola@cildrc.org](mailto:apriola@cildrc.org)

## Youth Lock-In March 19-20

We will participate in the 30 hour famine this year beginning on Thursday at 7:00pm and concluding 1:00am during our lock-in. More information on the 30 hour famine will be in Sunday School. Plan to join us for an entire night of fun and fellowship as we participate in a true lock-in, but may have a surprise for you. We will meet in Ferrell Hall at 10:00pm Friday night and conclude in Ferrell Hall Saturday 7:30am. You are asked to bring your favorite snack, 2 liter soda or dessert to share with everyone. Please sign up in your Sunday School Class! Remember to have your ride pick you up in Ferrell Hall on Saturday morning 7:30am. Bring yourself great, bring a friend great...just be there.



## Deacon Nominations Accepted During February

February is the month in which members have the opportunity to nominate new deacons. When thinking about a possible deacon nominee, please keep in mind that deacons are expected to meet the following criteria:

Those individuals nominated for the position of deacon should:

- Have been a member for a minimum of 2 years.
- Be of sufficient age as to demonstrate spiritual maturity commensurate with the responsibility of deacon service.
- Hold Baptist views generally consistent with the 1963 *Baptist Faith and Message*
- Give evidence of support of the church by actively participating in regular Sunday attendance, Bible study, and other areas of service of the church
- Demonstrate stewardship of time, talent and financial resources
- Be prepared to participate in Deacon Orientation
- Hold spiritual standards in accordance with New Testament teaching, i.e. discovering, developing, and exhibiting the fruit of the Spirit (Gal 5: 22-23)
- Be open to the leading of the Holy Spirit

Exhibit behavior that will bring honor to the name and cause of Christ and strive to be a credit to the church community in which we live

At the October, 2009 business meeting the church adopted a new procedure to nominating deacons. Without discussing the potential nomination with the nominee, nominations for deacon service must be made on appropriate forms made available during the month of February (tear-off below). These forms will be made available to all church members prior to the nominations. The form will be signed by the individual submitting the nomination.

The forms will be submitted to the Deacon Nominating Workgroup, which will process the nominations during the month of March. The Deacon Nominating Workgroup has the discretion to edit (either by addition or deletion) the list of potential nominees.

The Deacons Nominating Workgroup is:

Johnny Jones  
Glenda Potter  
Marian Wiltshire  
Chaleé Carmichael  
Bill Young  
Reuben Pitts

Questions about making a nomination can be referred to Neal Walters, Deacon Chair.

## Deacon Nomination

Name of person being submitted for nomination:

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Name of person submitting the candidate for nomination:

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## Sing Your Stress Away in a Choir

Whether singing in a choir, in the shower, the car or with a small child, "sound therapy" is linked to health benefits for body and spirit. Since ancient times singing has been considered a healing tool. Sound can influence brain wave frequencies and promote wellbeing by doing the following:

- ♪ Reduce stress and improve mood
- ♪ Lower your blood pressure
- ♪ Boost your immune system
- ♪ Improve breathing
- ♪ Reduce perceived pain
- ♪ Improve a sense of rhythm
- ♪ Promote learning in children
- ♪ Forge comforting memories
- ♪ Promote communal bonding
- ♪ Provide comfort
- ♪ Motivate and empower

### Medical research

Ongoing research in alternative and complementary medicine is examining the healing role of singing regarding chronic pain management. Research published in the Journal of Music Therapy in 2004 claimed that group singing helped people to cope better with chronic pain. In many senior centers singing as a memory trigger is being studied – intellectually for slowing down mental decline and emotionally for building self-esteem. For example, Alzheimer's patients who can no longer carry on a conversation are able to sing all the lyrics to songs from their past!

It all begins in infancy because singing to children provides a pathway in the brain for sensory stimulation. Not only does it set the stage for fun, but their brains are stimulated and opened up to new sensations.

In an impressive study, scientists from the University of Frankfurt in Germany tested the blood of people who sang in a choir before and after an hour-long rehearsal of Mozart's *Requiem*. Concentrations of immunoglobulin A (antibodies) – and hydrocortisone (a stress-reducing hormone) increased during the rehearsal. In contrast, the following week when they asked members of the choir to listen to a recording of the "Requiem" without singing, they found the composition of their blood did not change significantly. The conclusion: singing boosts the immune system while it reduces stress.

Listening to music is great, but singing makes you an active participant. So why not consider singing in a choir at Fredericksburg Baptist Church? Combine your spiritual enrichment with personal music therapy. Perhaps you will note that your mood will improve and your stress will be reduced!

### On-Line Giving (E-Giving)

You can now give your offering on-line using your computer.  
For more information visit  
[www.fredericksburgbaptistchurch.org/Online\\_giving\\_faq.htm](http://www.fredericksburgbaptistchurch.org/Online_giving_faq.htm)

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## Our Financial Stewardship

### Ministry Budget

Weekly Needs	\$26,245
Sunday, Feb. 14	\$39,313
Y-T-D Total	\$133,746

### Ahead/Behind Ministry Budget

-\$49,966

### BUOH in Missions

Goal	\$250,000
Sunday, Feb. 14	\$4,920
Total to Date 2010	\$19,095
Total to Date 2009	\$19,595

## Our Sunday School Attendance

February 14  
428