

# ECHOES

# from the Valley

February 2012

Volume 39, No. 2



In February our thoughts turn to love and matters of the heart. That is likely why the month has been designated **American Heart Month** emphasizing the need for individuals to take control of their health to prevent heart disease or manage existing conditions. I believe an additional distinction for February could be “American Chocolate Month.” Everywhere you look it seems, there’s chocolate in grocery stores, drugstores, convenience stores with ads promising that chocolate delights are all the love you need. Now you can even get chocolate flavored Altoid mints!

Speaking of chocolate, most of us remember Forrest Gump’s famous quote “Life is like a box of chocolates you never know what you’re going to get.” (I bet you read the quote with his accent.) You know, life is really like that in many ways. We begin each day not really sure what we will encounter. Yes we have our plans, agendas and most often our days flow along pretty much according to expectation. But we really never know for sure.

The days that come with dark chocolate filled with caramel are my favorite. The mints are just O.K. but the ones with the raspberry goo in the middle are pretty bad; that’s a good day to keep a low profile. Then there are days when disappointment or difficulty arises and the box of chocolates remains unopened, there’s no sweetness to be found anywhere it seems.

God knows that our experiences and circumstances in life are uncertain. That is why over and over in His Word He comforts us and reminds us that He is our constant companion, our steadfast friend, our consistently loving God and Savior.

These truths should enable us to face whatever comes our way with greater confidence. This faith, this hope, this confidence is our spiritual lifeline because of His great love for us no matter what, when or why. Let’s feast on His priceless box of chocolates every day!

*Taste and see that the LORD is good; blessed is the man who takes refuge in him. (Psalm 34: 8)*

*Pastor Mike*

1198 N. Valley Brook Road - Decatur, Georgia 30033  
A Loving, Accepting, Affirming Baptist Church  
**VALLEY BROOK**



*How great is the love the Father has lavished on us, that we should be called the children of God. John 3:1*

*This is how we know what love is: Jesus Christ Laid down his life for us. John 3:16*

*Dear Children, Let us not love with words or tongue but with actions and truth. 1 John 3:18*

*This is how God showed his love among us: He sent his one and only Son into the world. 1 John 4:9-10*

*The only thing that counts is faith expressing itself through love. Galatians 5:6*

*For God so loved the world that he gave his one and only Son, that whoever believes in Him shall not perish but have external life. John 3:16*



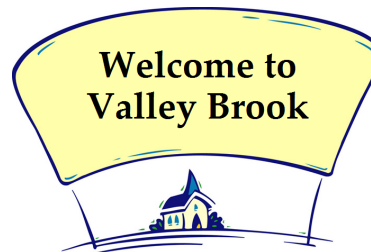
In Celebration  
of Valentines  
Ladies are Invited!

**Over the High Gang Breakfast**

Matthews Cafeteria  
Tuesday, Feb 14, @ 8:00 a.m.

**Brotherhood Breakfast**

Old Hickory House  
Saturday, Feb 18, @ 8:00 a.m.



Charles Allen  
Joined Our  
Fellowship  
January 8, 2012