

# EchoEs *from the Valley*

February 01, 2008

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## Our Church Staff

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### Pastor

Rev. Mike Roper

### Music Director

Ms. Marcia McBride

### Pianist

Mr. Thom Martin

### Organist

Ms. Sandy Mize

### Ministry Assistant

Ms. Louise LePortier

### Nursery Assistant

Mrs. Shelia Harkleroad

### Housekeeper

Mrs. Brenda Waters



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**A Loving, Accepting, Affirming Baptist Church**

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The Hearts Of The People And The Doors Of This Church Are Open To Everyone



Since coming to Valley Brook in June of 2006, many things have changed. We've welcomed several new people who have become a part of the Valley Brook family. Others have moved away and some have entered eternity. We have new classes, new opportunities; our church is continually being transformed and this is a normal process. We live in a changing world.

Fashions change. Take a look at some old photos. It is likely that you will see lots of polyester, long sideburns and Beehive hairdos.

Families change. Children grow up, marry and begin new families. Babies are born, death separates loved ones. With each passing year the family structure is modified.

Friendships change. Childhood friends once sworn to be "*best friends forever*" grow up and follow different paths.

Bodies change. Just take a look in the mirror!

Technology changes. What an understatement! Consider entertainment. In days gone by we had three networks on a Black and White TV. Now there are endless channels via cable and satellite to be viewed on a HDTV. Records were replaced with 8 tracks, then came cassettes, then CDs now IPODS!

Someone put it like this:

*"My **great-grandfather** rode a horse, but was afraid of the train.*

*My **grandfather** rode on a train, but was afraid of a car.*

*My **father** rode in a car, but was afraid of an airplane.*

*I ride in an airplane, but **I'm** afraid of a horse!*

Change is inevitable, yet it is also true and very assuring that there are some things that never change. For instance:

The Word of God . . . hasn't changed!

*Psalm 12:6-7 - "The words of the LORD are pure words: like silver tried in a furnace of earth, purified seven times. You shall keep them, O LORD, You shall preserve them from this generation for ever."*

The Son of God . . . hasn't changed!

*Hebrews 13:8 - Jesus Christ is the same yesterday, today, and forever."*

The worship of God . . . hasn't changed!

*John 4:23-24 - But the hour comes, and now is, when the true worshippers will worship the Father in spirit and truth: for the Father is seeking such to worship him. God is Spirit: and those who worship Him must worship in spirit truth.*

The way to God . . . hasn't changed!

Jesus said: *John 14:6 - "I am the way the truth and the life, no one comes to the Father, except through me."*

Salvation remains constant . . . "*For by grace you have been saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest anyone should boast.*" —Ephesians 2:8-9

Each of these unchanging truths changes us!

Keep the SON in your eyes!

*Pastor Mike*

On occasion, a situation arises making it important to get information to all the church family in a timely manner. We want everyone to be well informed. I am so thankful that we have a group of volunteers who are committed to placing telephone calls to church members in the event of a closing, cancellation, death or serious illness/injury.

If you fail to receive such a call, please let us know, and also understand that no such system is fail proof. Errors can occur. Understand that we are committed to the continuous improvement of all our systems. Even now, we are working to improve our telephone notification methods. In the meantime, thanks for your patience and graciousness and a special thanks to those volunteers that are willing to take their time to make those calls keeping us informed.

*Paster Mike*

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Every job is a self-portrait of the person who does it. Autograph your work with excellence.

*Daniel was preferred above the presidents and princes, because an excellent spirit was in him. Daniel 6:3*

*As in water face reflects face, so the heart of man reflects man. Proverbs 27:19*

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### **FAST - FOOD SMARTS**

Find out the calorie, fat and carbohydrate content and other detailed nutritional information for foods and beverages at Burger King, Starbucks, Subway and many more fast-food restaurants at [www.nutritiondata.com](http://www.nutritiondata.com).



## ***Heal Thyself!***

***Sore Throat:*** Mix 1/4 cup of vinegar and 1/4 cup of honey. One tablespoon of this mixture taken six times a day will soothe your throat. The honey fights infection and coats the throat, relieving irritation, while the vinegar kills the bacteria.

***Gum Pain or Toothache:*** Rub a few whole cloves on the afflicted area. They are a great anesthetic for surface pain.

***Athlete's foot:*** Soak your feet in vinegar for 10 minutes four times a day until symptoms disappear. Vinegar is acidic and kills bacteria and fungi.

***Puffy Eyes:*** Apply cotton balls dipped in ice-cold whole milk or cream for 5-10 minutes. The high fat content of these liquids provides a moisturizing treatment for the delicate skin around the eyes and reduces puffiness.

### ***OLD WIVES' TALES:***

**Put butter or ice on a burn.** Both can actually make a burn worse. Butter, like all cooking oil, traps the heat, and ice on a burn can cause frostbite. Cold water is best.

**Vitamin C prevents colds.** Vitamin C is a powerful antioxidant and can help fight the symptoms of a cold, but it won't prevent illness.

### ***Did you know?***

To get a winter Vitamin C boost, swap your cup of juice for a large orange. You'll get almost nine times the fiber—and save 25 calories to boot. Source: Delia Hammock, GHRI Nutrition Director

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## **VALLEY BROOK**

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### **Book/Video/Music Swap** **Saturday, Feb. 9 - 10:30-1:00 p.m.**

The winter weather is a perfect time to settle inside and catch up on your reading, watch a movie, or listen to some music. Don't we all have books that we have already finished and movies we've already seen one too many times? How about those music cassettes and CD's? Well, bring them and trade them in for "new" ones at the Valley Brook Community Family Book, Music and Movie Swap on Saturday, February 9. Participants will receive credit for each book, tape, CD and DVD they bring in to trade, and they may select an equal number to take home from those brought in by the other participants. Unclaimed items will be available for a very low price when the swapping is finished at 1 p.m. Proceeds from any sales will benefit the church's benevolence food ministry.

### **ARE YOU HOLDING A GRUDGE?**

Have you had a negative interaction with someone and now you're holding a grudge? If so, you should probably work through it. Why? Because devoting so much time to negative energy is probably not going to pan out for you in the end.

Don't get caught obsessing on what has happened in the past. You can think about it, acknowledge it and even remember it so that you are not vulnerable, but to focus your energies on your grudge will probably only hurt you.

If you catch yourself going over and over the offending scenario in your head, take a walk or immerse yourself in some activity that will clear your mind. And remember Buddy Hackett said: "Don't carry a grudge. While you're carrying the grudge, the other guy's out dancing."