

EchoEs *from the Valley*

March 1, 2008

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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



During the week beginning March 2nd our emphasis is on missions. We support both Global and International Missions. Through our generous giving, along with other churches that share our concern, we are able to extend our influence to the “uttermost parts of the earth.” Our annual Missions March and special offering will be part of our morning service on March 9th. Please begin considering your own participation in this special time of worship. As always, we appreciate the Valley Brook WMU and their emphasis on missions.

And then Easter is upon us! It seems that the Christmas season is still lingering, yet in just two weeks, Holy Week begins with Palm Sunday on the sixteenth of March. We are eagerly anticipating this most special time in the Christian year. Certainly, there is continual cause for celebration in the lives of Christians; yet there is special emphasis and meaning associated with the Easter season, the climax of which is Resurrection Sunday. I hope that you will participate in and benefit from each of our special services that week:

- On March 20th our Maundy Thursday Service begins at 7:00 p.m.
- Easter Sunday celebration begins at 7:00 a.m. with the Sunrise Service. Unless it is raining, this will be an outside service. If it is cold, please be prepared with warm comfortable clothing and / or blankets.
- Later at 10:00 a.m., the *Sonshiners* will present a drama, “The 4th Wiseman.” Worship begins at 11:00 a.m.

Most are familiar with Palm Sunday, Good Friday and of course, Resurrection Sunday. There is some confusion, however,

surrounding Maundy Thursday also called Holy Thursday, and in some churches it is referred to as Great Thursday. Why call this Thursday before Easter, “Maundy?”

On this day, we commemorate the Last Supper and remember Jesus’ example of humility as He washed the Disciples’ feet. Later that same evening was the agony of Christ in the Garden of Gethsemane, and the betrayal of Christ by Judas. We call this Thursday “Maundy” because on that night in the upper room Jesus gave the disciples a “mandate” or command. *“A new commandment I give you, that you love one another; as I have loved you, that you also love one another”* (John 13:34). The word Maundy comes from the Latin “mandatum,” which means “commandment.” A new commandment, a *mandatum*, a mandate, therefore the shortened form, “Maundy”, signifying the evening when our Lord urges a new mandate, a *mandatum novum* . . . *“that you love one another.”*

Upon issuing the *mandatum novum* Jesus reminds us, *“By this everyone will know you are my disciples if you love one another.”* That’s the measuring stick, the standard by which we demonstrate the quality of our life together in the church. Love one another! It’s not about committees or programs, although these are important. It’s not whether we observe a particular Ordinance in just the right order. It’s not whether we agree in every point or have our bulletin in perfect order, or that everybody is excited about all the same things. It’s whether we can love each other . . . even, perhaps, when it is difficult to do so. Jesus said, *“By this (love for one another) all will know that you are My disciples, if you have love for one another”* (John 13:35).

Pastor Mike



THE READER BOARD

Some may say what is the Reader Board? It is the outside sign that identifies our church and contains information about service times. A new message is added each week. Usually this message is the sermon title for the upcoming Sunday. Occasionally we will promote a special service or event. This does not “just happen” and the message is not updated digitally. We use the same technology that has, I suppose, been around since the sixties, or before. Each letter in the message is placed by hand, one at a time, inserted and slid into place. This happens every week It is an outside job and is faithfully accomplished even when the weather is not especially nice. Thanks to Walt and Rosalee Miller for their faithful labor of love. Let them know that you appreciate their service.

Congratulations to Steve & Martha Perry on their new Grandbaby!



Taylor Perri Henley

Born: February 17, 2008 @ 1:00 p.m.

Weight: 7 lbs. & 6 oz.

Height: 18 inches

Parents: Shane & Kim Perry Henley

NEW DEALER IN TOWN

Prescription drug abuse is a problem among teens today. And a major source of the problem is right under your nose; the medicine cabinet. This may be happening in your house, which means you definitely do something to stop it. Safeguard your medications and keep track of the quantity. Educate yourself. You can stop the dealer.



FIRST AID

For your Medicine Cabinet

You don't really think about what's inside your medicine cabinet until you're reaching for a remedy. But your cabinet needs a routine checkup, too. Here are some safety guidelines to follow:

Proper storage is key.

Prescription and over-the-counter medications are usually stored in bathroom or kitchen cabinets. However, the heat and humidity there can alter or even damage some drugs. So try storing these items someplace safe, like a closet. Just be sure it's cool and dry—and not accessible to children.

Check expiration dates.

Throw away outdated over-the-counter medications, prescriptions, and first aid supplies, so you don't take or use them accidentally.

No mixing or matching.

Never put different drugs in the same container, as that can alter their chemistry and cause a negative reaction. If you take several medications on a regular basis, try using an organizer that will keep your pills separated.

Now you'll have the cabinet space to stock up on these medicine cabinet essentials:

- Bandages & Tape
- Petroleum Jelly
- Pain relievers (aspirin, ibuprofen)
- Cold and cough relievers
- Topical Antibiotic
- Hydrogen Peroxide or antiseptic solutions
- Calamine lotion and hydrocortisone
- Thermometer
- Tweezers
- Antacid (liquid or chewable)
- (Source: Hydrogen Peroxide or antiseptic solutions)
- Calamine lotion and hydrocortisone
- Thermometer
- Tweezers
- Antacid (liquid or chewable)

(Source: AARP Healthcare)

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VALLEY BROOK

Consider the postage stamp: Its usefulness consists in the ability to stick to one thing till it gets there.

I have fought a good fight, I have finished my course, I have kept the faith.

2 Timothy 4:7

LOVE THOSE EASTER TREATS!

CHEAT SHEET

1 Marshmallow Peeps Chick	28	Calories
10 Small Jelly Beans	41	Calories
1 Chocolate covered Marshmallow	42	Calories
12 Whoppers Mini Robin Eggs	95	Calories
1 Cadbury Crème Egg	120	Calories
1.5 ounce solid Chocolate bunny	230	Calories



DODGING DIABETES

Bump up your magnesium.....Eating a diet rich in this mineral significantly cuts your chances of developing type 2 diabetes, report Swedish researchers. Only about half of Americans get the recommended daily 320 to 420 milligrams of magnesium, but it's easy to up your intake: 2/3 cup spinach, about 30 almonds, or a peanut butter sandwich on whole wheat each delivers about 100 milligrams of the mineral, enough to lower diabetes risk by 15 per cent, say the scientist. Source: GoodHealth

A man who wants to lead the orchestra must turn his back to the crowd.

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.

2 Corinthians 6:17