

# EchoES from the Valley

April 1, 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



**PEACE**  
I leave with you;

My  
**PEACE**  
I give you.

*John 14:27*



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

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What have you read lately? It's a question we hear regularly and those of us who love to read are eager to answer, telling others about our experiences between the pages. I enjoy occasional fiction, some of the classics, biographies and study materials. Each of us is different in our appreciation of books.

One book, however, stands out above all others. Of course I am referring to the Bible. It is a must read for anyone because of its significance and literary status. Any well informed person will make themselves familiar with this "Book of Books."

This book is the basis of our belief. We do not worship the Book; we worship the Lord of the Book. But it is here that we understand how to believe, how to live and how to have an eternal relationship with the Lord.

The Bible is unique. It was written over a 1500 year span by more than 40 authors from every walk of life, including kings, military leaders, peasants, philosophers, fishermen, tax collectors, poets, musicians, statesmen, scholars, and shepherds. It was written on three continents; in three languages, using a wide variety of literary styles. The Bible addresses hundreds of controversial subjects.

In spite of its diversity, the Bible presents a single unfolding story: God's redemption of human beings. The unifying thread is salvation from sin and condemnation, to a life of complete transformation and eternal joy in the presence of God. Among all the people described in the Bible, the leading character through-

out is the one, true, living God made known through Jesus Christ.

The Valley Brook Baptist Church declares in our constitution and by-laws:

We believe the Bible was written by men divinely inspired, and is a perfect treasure of heavenly instruction, that it has God for its author, salvation for its end, and truth without mixture of error, for its matter; and therefore is and shall remain, the true basis of all Christian union, faith, practice and the supreme standard by which all human conduct, creeds and opinion should be tried. The criterion by which the scriptures are to be interpreted is Jesus Christ.

The Bible is the Word of God. Make it priority reading; glean from its pages on a regular and systematic basis.

*"All Scripture is inspired by God, and is useful for teaching the truth, rebuking error, correcting faults, and giving instruction for right living." 2 Tim 3:16 (TEV)*

What have you read lately?

*Pastor Mike*

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The most incredible book ever written.

*The word of the Lord will live forever.  
1 Peter 1:25*

A daily dose of scripture.

*It felt like a fire burning in us when  
Jesus....  
Explained the scriptures to us.  
Luke 24:32*



What group in the Valley Brook church operates under the unusual name “Keenagers?” What are “Keenagers?” They are mostly, but not exclusively, a seniors group. Judging by their fun loving ways and zest for life they are not “typical” senior citizens. Anyone is welcome to be a part of this delightful group that meets monthly for fun, food, fellowship, spiritual emphasis and occasional outings. Just think; you too can be a “Keenager!”

Identity Theft

*Christ lives in me.  
Galatians 2:20*

**Numbers that Count for a Healthy Heart**

**Thirty** minutes of exercise.

Blood Pressure less than **120/80**.

Fasting glucose less than **100 mg/dL**.

Body mass index (BMI) less than **25**.

*To calculate your BMI, first convert your height to inches. Then take your weight and divide it by your height in inches squared. Finally, multiply that number by 703. A BMI of 25-29.9 is overweight and a BMI of 30 or more is obese.*

Waist circumference of **35** inches or less for ladies and **40** inches or less for men.

Total cholesterol lower than **200 mg/dL**.

*People at lower risk for heart disease should have a LDL of no more than 160mg/dL. People at higher risk for heart disease, your LDL target level should be less than 130mg/dL.*

Source: Dr. Guy Reed, MCG Health Cardiovascular Center



It seems everyone is jumping on the green bandwagon these days, and for good reason. Being eco-friendly not only helps the environment, it saves you money, too.

Try the ribbon test. Hold a piece of ribbon near each door and window. If the ribbon flutters, you’ve got an energy-wasting air leak. Adding weather-stripping can be a simple, inexpensive fix.

**Give greener gifts:** Instead of purchasing another “thing,” present friends and family members with experiences such as concert or movie tickets, homemade gifts like baked goods or a donation in their name to a favorite charity. Most people are happy with the good ol’ green backs.

**Announce parties the eco-friendly way:**

Hosting a BBQ? Save trees by sending your guests electronic invitations instead of paper ones.

**Nix the driveway car washes:** Surprisingly, commercial car washes are a more earth-friendly option than sudsing up your car in the driveway. The pros recycle their water.

**Forgo ATM receipts:** Do Mother Nature a favor and just say no. If every American skipped cash machine receipts, it would save a roll of paper more than two billion feet long and reduce one of the top sources of litter on the planet.

**Knock down napkin usage:** The next time you get a snack or fast food meal, pay attention to the number of paper napkins you grab—take one less. If everyone used one fewer napkin a day, we could save more than a billion pounds of napkins from the landfill each year. Source: Live Well

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**VALLEY BROOK**

★ ★ ★  
**Thank You!** ★ ★ ★  
THANK YOU! Church Family!

A special “Thank You” to my Church Family for all the prayers and support during my recent illness. I appreciate and love all of you!

Carolyn Scott



**From the Editor**

The Echoes’ staff invites your input. Let us know of your committee work or activities that are underway and of interest.

We want an informed audience.

The Echoes is published on the first and fifteenth of every month. If you are able to help with an article, please forward to the church office one week prior to publication.

THE EDITOR



**OUR CHURCH WELCOMES**

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Birthday: 3/16

**Volunteers** are the HEART of our Church!

*Serve the Lord with gladness: come before his presence with singing.*

*Psalm 100:2*

*And let us not be weary in well doing: for in due season we shall reap...*

*Galatians 6:9*