

First Baptist News

FBC Lumberton is a community of faith committed to living out the love of Christ by serving God and all people.



SCAN ME

Coming up this week. . .

Sunday, May 7 **Children's Sunday**

- 9:30 a.m. Sunday School
- 10:30 a.m. Worship in Sanctuary
- 10:30 a.m. Worship Online
via Facebook Live & YouTube
- Facilities Strategic Visioning Team will meet in the Conference Room immediately following Worship.
- 12:30 p.m. Wilderness Trail Meeting
- 3:00 p.m. Buildings & Grounds Meeting

Monday, May 8

- 10:30 a.m. Staff Meeting (Conf. Rm.)
- 6:30 p.m. Scouts Meeting (Act. Bld.)

Tuesday, May 9

ECM Registration Opens for Summer Care

- 7:00 a.m. Men's Prayer Group (Zoom)
- 4:30-6 p.m. Youth Church History Class

Wednesday, May 10

- 6:00 p.m. Adult Bible Study (Act. Bld.)
Youth Doing Missions
Children's Activities
- 7:00 p.m. Sanctuary Choir Rehearsal

Thursday, May 11

- 11:00 a.m. Fun & Fellowship (Act. Bld.)

Saturday, May 13

- 10:00 a.m. Hispanic Ministry Bible Study (Act. Bld.)



Children's Sunday art by Lottie Lytch



Preparing for Sunday, May 7

"Look for the Good!"

Psalm 145:9, James 1:17

9:30 a.m. Sunday School

10:30 a.m. Worship

Join us for Worship in-person in the Sanctuary

or online on Facebook Live

facebook.com/firstbaptistlumbertonnc

or online on YouTube

youtube.com/c/lumbertonfbc/





Each May, there is an emphasis on raising awareness of mental health and mental illness. One in five American adults experience a mental health condition. The statistics are startling (see <https://www.nami.org/mhstats>).

Personally, I have struggled with my own mental wellness and battled with anxiety and for most of my teen and adult life. I get it honestly since I come from a long line of worriers. It wasn't until the last few years that I realized that the feelings I was experiencing were not how I was supposed to feel. I thought that my anxiety was every day

stress and worry that everyone dealt with. Worry would awake me from sleep. Racing thoughts would cause me to cancel plans with friends. I would skip church so I could avoid being social. Social interactions caused significant fear and distress because I was afraid my words or actions would be scrutinized by others. I would tell myself, "Don't stress," which would cause more stress because I couldn't NOT stress. I even turned in resignation letters twice, which I tearfully retracted. The very thought of going to a doctor and admitting I needed help was terrifying. After several years of trying to handle it myself, I just recently sought help from my doctor, was diagnosed with General Anxiety Disorder, and I'm taking an anxiety medication. Paired with support from immediate family, church fellowship, and a very understanding work environment, I am slowly starting to feel more like myself again.

It's not the same for everyone, and I'm certainly not a mental health professional, but here are a few things that have been helpful to me in my mental health journey:

1. Make social connections a priority (especially face-to-face) — For me, this was through attending Sunday School more regularly. Phone calls and social media have their place, but I really needed the love and care from face-to-face interactions. Confide in a trusted friend.
2. Stay active and spend time outdoors—I do this through gardening and working on our family's farm. You don't have to join the gym!
3. Leave time for leisure—I'm a planner, so filling up my family's calendar with fun things seems like a good thing in thought, but we tend to get so busy we can't enjoy it. Leaving some empty space for rest and leisure has been quite uplifting.
4. Eat to live—Less Little Debbie (my stress-eating enemy), more real foods.
5. Don't skip on sleep—While it's still very tempting to stay up to watch just one more episode on Netflix, ultimately it's good to stick to a regular sleep schedule. A more rested brain means a better day the next day.
6. Get help—If you or a loved one needs help, reach out to a doctor or mental health professional. If that seems overwhelming, try contacting the National Mental Health Hotline at 1-866-903-3787.

It is likely that someone you know also struggles with mental health. There is still a big stigma with recognizing and getting professional help. The church body has an opportunity and invitation here to be welcoming and by showing kindness and compassion to all persons. How many interactions might a visitor to a worship service need to navigate the church? How might they feel if they sit near the front of the church, in clear view of every one? Churches are social places and scripture is clear that we were created to live in community with one another. However, people with common mental health conditions are less likely to have friendships and social connections that produce invitations to special activities, worship services, and small group gatherings. People with depression may withdraw from social activities, and many with anxiety disorders actively seek to avoid them. And it's not all about adults — kids and teens also experience these difficulties!

Food for Thought: How might you show God's grace to someone living with mental illness?

Kandace Ramsey

May has always been a busy but transitional time at First Baptist. As our regular Sunday night and Wednesday night activities wind down for the school year, we still have Children's Sunday, college hikes, summer trip meetings and preparations for youth, senior adults traveling to Amish country, and our year end cookout. Our young adult class is off to a great start as well.

Our worship attendance is up some as is our giving compared to recent years. There is a lot of positive energy right now, but this is no time for complacency. We need to continue to grow.

So, while we have momentum, it is an excellent time to invite your friends and neighbors. We have lots to offer people regardless of their age or background. We can (and should) be proud of our church while giving credit to our Savior and not to ourselves.

Grace & Peace,
Doug

Youth will be collecting canned goods to be donated to Robeson County Church and Community Center.

They will be traveling to RCCC on Wednesday, May 10th to help sort and stock food. Canned goods are preferred and may be dropped off in the church office or left in the collection bins around the church. Please make sure donations are in-date and unopened.



SCHOLARSHIP OPPORTUNITY

Scholarship applications are now available in the church office! All applications must be submitted by May 31, 2023. For more information, contact the church office (910-739-4336) or Rev. Doug Reedy (dougreeedy@fbclumbertonnc.org).



CHURCH HISTORY

Tuesday afternoons in May from 4:30 to 6:00 pm in the Conference Room, Youth will have a class on Church History lead by Rev. Doug Reedy. We'll cover the first 1500 or so years the first week, the Reformation week two, Baptist history week three, and an optional exam on week four. This class will be for rising 9th-12th graders and/or those who successfully completed last year's study of the gospels.

Upcoming Youth Trips/Activities

Music Retreat	June 25-29
Passport, Converse College	July 9-14
Wilderness Trail	July 25—31

Attention Parents of Youth attending Wilderness Trail!

We will meet Sunday, May 7th around 12:30 pm to discuss details concerning this trip. This is an important meeting—please make all effort to attend!



college-aged student

HIKING TRIP

may 19 - 21, 2023
lenoir, nc
no cost

Rev. Doug Reedy (dougreeedy@fbclumbertonnc.org)

First Baptist Church
a community of faith
CALL 910-739-4336 TO SIGN UP IN ADVANCE

There are many ways to view upcoming events at FBC Lumberton!

Paper options:

- Subscribe to our newsletter mailing.
- Check out our bulletin boards located at the 6th street entrance or near the rear entrance of the Sanctuary.

Online options:

- Subscribe to our email list.
- Check out our website:
www.fbclumbertonnc.org
- Follow us on Facebook:
www.facebook.com/FirstBaptistECM
- Follow us on Instagram: fbclumbertonnc
- View Worship on YouTube:
www.youtube.com/@lumbertonfbc

Coming up in May...

May 14 — Mother's Day

May 18 — Veteran's Luncheon, 12:00 noon, Fellowship Hall.

May 19-21 — College-aged Student Hiking Trip

May 20 — Community Café, hosted by Monteiro family

May 22 — Finance will meet at 5:45 pm in the Chapel. Deacons will meet at 7:00 pm in the Fellowship Hall.

May 23 — ECM Family Appreciation Day (Barefoot Brew Wagon will be here)

May 24 — Year-end Fellowship Celebration, 6:00 pm, Playground area. Wednesday night service will pause until August 30th.

May 25 — Senior Adult trip to Buc-ee's

May 26 — FSVT Community Organization Breakfast, 7:30 am, Activities Building

May 28 — Pentecost Sunday

May 29 — Memorial Day. Offices and ECM closed.

Coming up in June...

June 4 — Worship will be held in the Fellowship Hall for the summer months.

June 7 — ECM graduation program for 4-year-olds and NC PreK students, 10 am, Fellowship Hall.

June 8 — NC PreK Provider Appreciation event, 6-8 pm, Fellowship Hall

June 9 — Last day of school for PSRC

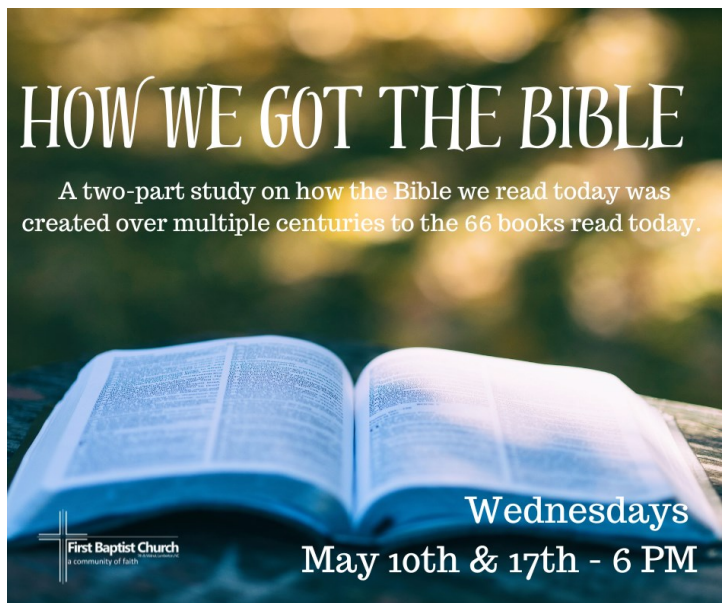
June 12 — NC PreK Provider Appreciation event, 9 am—4 pm, Fellowship Hall

June 12 — ECM Summer care begins

June 17 — Community Café, hosted by WMU

June 19 — Finance will meet at 5:45 pm in the Chapel. Deacons will meet at 7:00 pm in the Fellowship Hall.

June 25 -29 — Youth Music Retreat



Rev. Josh Owens is planning to close out the month of May with a two-part series on how the Bible was formed. In this series, we will look at the process known as canonization, the various processes that each part of the Bible went through to be formed, its history of use, and how we get the various translations we use today. Join us at 6:00 p.m. on May 10th and 17th in the Activities Building for this study.



Mark your Calendar!
Wednesday, May 24 at 6 pm
Year-end Fellowship Celebration

We'll gather on the grassy portion of the playground to have a cookout (hamburgers, hotdogs, chips). This is a church-wide event. We encourage folks to bring their own folding chair and a dessert to share!
We'll pause our Wednesday night gatherings for the summer starting May 31st and will resume meeting August 30th.




FIRST BAPTIST CHURCH
 a community of faith
LUMBERTON, NC

VETERANS *Luncheon*

Open to all active and former service members

Our guest will be Lieutenant Colonel Scot McCosh of Fayetteville. Complementary lunch will be provided.

THURSDAY
18 MAY 2023
12:00 NOON

RSVP Online
<https://forms.gle/j44imLKeGssL2amAA>
 or contact the Church Office
 910-739-4336
office@fbclumbertonnc.org

606 N. WALNUT STREET, LUMBERTON, NC 28358
 AT THE CORNER OF 7TH AND WALNUT

Are you an active or former service member? RSVP today for our Veterans Luncheon held Thursday, May 18!

Our guest will be Lieutenant Colonel Scot McCosh of Fayetteville. Scot is a success coach with Fayetteville Technical Community College and Command Chaplain of the 76th Operational Response Command and the US Army Reserve CBRN (chemical, biological, radiological, nuclear), an all hazard, rapid response force. He has previously served as a congregational pastor, social worker and coach.

A complementary meal will be provided.

RSVP online: <https://forms.gle/j44imLKeGssL2amAA>

or contact the Church Office:
 910-739-4336
office@fbclumbertonnc.org



**Lumber River
United Way**

***United Way's 2023 Day of Caring is
scheduled for Friday, May 12th!***

Day of Caring will kick off at 10:00 am, (free breakfast and registration at 9:00 am), and projects onsite will last until 2:00 pm. Offsite projects will start after kickoff at various locations around Bladen, Hoke, and Robeson

Counties and conclude when projects are completed. Some projects available in Robeson County include Adopt-A-Highway, installing fire/smoke alarms, cleaning at the Human Society, landscaping at local schools, canned food drives, and many more! This is a great opportunity for our congregation to be a presence within our community. For more information to register for a project online, visit lumberriveruw.org/day-caring or call 910-739-4249.

Give to First Baptist Church!

Here are some ways to donate to our ministry:

- Give during Sunday worship.
- Scan the QR code to the right with your cell phone camera to go to our secure, online giving page.
- Give through our secure online portal — fbclumbertonnc.org/give
- Go to our website (www.fbclumbertonnc.org) to complete a draft form.
- Send us your contribution by mail:
606 N. Walnut Street, Lumberton, NC 28358
- **NEW!** Text FBC606 to 73256 to give using your mobile device.





Sanctuary Flowers

If you would like to place flowers in the Sanctuary in honor or in memory of a loved one, we have several dates available. All Sundays remaining in 2023 with the exception of Sunday, October 22 are still available. Call the church office to reserve a date (910-739-4336).

9:30 a.m. Sunday School Classrooms

Nursery — Room D-107 (former TEL/Ladies' Fellowship Class room)

Preschool Sunday School Class — Room D-111A
(use entrance across from Nursery)

1st-5th Grade Sunday School Class — Room D-206

Youth Sunday School Class —
Youth Sunday School Hall, Room 203

Young Adults — Room D-209

Bridge Sunday School Class — Room D-202

Circle of Friends Class — Pastor's Study
(outside Parlor)

Collins Class — Conference Room

Susan Welsh Class — Room D-207

Fellowship Class — Chapel & Zoom

Friends of Jesus Class — Activities Building

Nursery Care & Extended Session available during Worship

Nursery care is available for birth—age 2. Nursery will meet in Room D-107 (former TEL/Ladies' Fellowship Class room).

Servants this Sunday

The ECM Entrance remains closed due to repairs. Please enter for Worship at the Sanctuary.

9:30 Sunday School Entrance Greeters

*6th Street Ramp, 9:00—9:30 am
Jimmy & Billie Dail

10:30 Worship Entrance Greeters

Sanctuary Vestibule, 10:00—11:30 am
Barbara Andrews, Shirley Hickman

Security Monitor — *volunteer needed*

Nursery & Extended Session will not meet this Sunday.
We invite all children to remain in the service.

*Thinking
of you*

Person of the Week

Send a card, letter, or other remembrance to our very special person this week.

Lucy Simmons
1000 Wesley Pines Road
Rm. A-138
Lumberton, NC 28458

CONTACT US

Going into the end of the school year and into summer, our office staff will be in-and-out of the office. We will be taking family vacations, attending conferences, going on church trips, etc. so our schedules on-site in the office will vary from day to day. Please call the office to make sure someone is in before stopping by.

Office Phone: 910-739-4336

Website: www.fbclumbertonnc.org

Rev. Tim Little — Minister of Music and Facilities;
timlittle@fbclumbertonnc.org

Rev. Josh Owens — Senior Pastor;
joshowens@fbclumbertonnc.org

Mr. Len Power — Building Superintendent;
lenpower@fbclumbertonnc.org

Mrs. Kandace Ramsey — Administrative Assistant;
kandaceramsey@fbclumbertonnc.org

Rev. Doug Reedy — Associate Pastor of Youth, Young Adults and Missions; dougreeedy@fbclumbertonnc.org

Upcoming Senior Adult Trip

Buc-ee's — Florence, SC

Thursday, May 25

Departing around 10 am



If you are interested in going, sign up at the bulletin board or contact Phyllis Gibson. Once we have enough people interested in going, we will contact you with the trip cost.

What is Buc-ee's?

Visit www.buc-ees.com to find out more.