

Be Here Now

CareNectiOn

Be here now. It sounds so easy. Nevertheless, we are rarely in the now. It just may be the hardest thing to do. How can we be present in the present?

The human mind is remarkable. The sophistication and the capacity are incredible. No one uses more than a fraction of his actual brainpower. Despite that we often have racing minds. Our thoughts come at us in rapid succession. One of the challenges of being in the present is that we are thinking so much and often about the past or the future.

In order to stay in the present and focused on what is happening right here, right now we must calm our minds. Psalm 46:10 tells us how. "Be still and know that I am God". This not only has a soothing effect on our hectic brains, it is also essential advice. God is revealing himself to us in the quiet stillness.

As a rule many of us are over stimulated. The trend in society is on speed. We must have everything on demand. This is bad teaching. When we begin to expect things immediately we not only are setup for disappointment, we are also not patient enough to wait for God's goodness to be revealed.

We can take a lesson from the natural law of the harvest. The soil must be prepared, the seed is planted, the crop is nurtured and finally it is harvested. This is a process that cannot be rushed. Why do we think our personal growth

should be any different?
Get Busy...Get Out Of Self

What is really effective to "now" living is to get out of our self-centeredness and get busy doing for others. Isolation is a trap that lays waiting for us with the bait of worry, anxiety, fear and desire. This is not the same as sitting quietly waiting on the Lord's still small voice. There is a clear difference between quiet personal time, alone with God and the separation from others. Your "alone" time with God is to grow closer in your personal relationship with your heavenly Father. Isolation is escapism.

I know that if I sit alone in quiet meditation after reading the Word and other uplifting Christian writing I can feel very peaceful. I begin to sense that everything is connected and all right. Yet, I cannot stay there. As Philip Yancey says in Reaching for the Invisible God, "the Christian life is not meant to be lived by a person sitting alone all day thinking about the Christian life."

True faith is characterized by action. Being present and accounted for and laboring in the vineyard is an important aspect of Christian living.

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firstBaptistchurch March 16th, 2011

Lifegroup prayer and praise

Carol Kelly would like prayer for her husbands friends, **Les & Kelly Smith**, who are battling cancer. Also pray for **Carol's** sister **Sharon Mills** who is battling depression.

Marc Owenby asked for prayer for a friend & family, who is undergoing cancer treatment & unknown diagnosis & prognosis...He is currently in the hospital undergoing chemo & radiation treatments.

Sandy Porter has gone home from the hospital, she is still fighting the bacterial infection.

Please keep the **Roullier** family in prayer as they grieve the passing of **Doug's** brother, **Dale**. And for direction for guiding **Dales** 18 yr. old son into the transition to adulthood & independence.

Donna Teachworth has asked for prayer for her very dear friends **Buddy & Cheryl Midkiff**, **Buddy** has been diagnosed with stage 4 Metastatic Melanoma in his liver and lungs. Pray that the family can find peace during this difficult time, they are strong Christians and are leaning on God. Pray for Gods guidance for the doctors.

Christen Weller's grandfather, **Leroy Pepper**, is now home with hospice care. Emails would be welcome, send them to waltergene@msn.com Please continue to pray for **Jeanne Gilman** as she continues to heal from pneumonia.

Pray for **Bill Deller** that he has complete healing from his bladder cancer

Janet Duvarado has asked that we pray for her friend **Joy Mundy** who is a former FBC member. Update: The bone scan showed that there is no cancer in her bones!! No diagnosis yet, there are more tests this week. Joy says "Things have gone from black to gray." Thank you for your prayers

Doug Roullier needs continued prayer for shoulder healing (post-op) PT should start soon. Also that the whole family can get and stay healthy.

Wendy Roullier's best friend, **Lori**, and her 4 kids, that they find housing and are able to move on, they are currently living with **Doug & Wendy**.

Our neighbor **Lisa Cobb** is in the next phase of recovery from breast cancer, prayers for finances while unable to work and quick healing. **Wendy Roullier**

Hans Wold is recovering from hip surgery due to a fall. Please keep him in prayer for a complete recovery.

Ruth LeMaster is asking for prayer for her friends daughter, **Michelle**, she has stage 4 cancer, recovering from surgery to remove a brain tumor. Pray for guidance in choosing treatment options and for God's healing touch.

Dave Foley had his first round of chemo on Feb. 22nd, He did ok with it, no nausea or vomiting, he is eating well. We would like prayer for his doctors that they give him the best advice. Pray that the tumors shrink and we all stay positive, that would be a huge help. Thanks again, we miss you guys.

Jennifer Foley (one of our former Navy families)

VBS 2011 NEED LIST:
brown paper bags—large ones
(100 needed)

Do you have a wooden rocker that needs a good home?

Our Pre-school department is looking for a good wooden rocker. Contact Pastor Alex or Christen Weller

Pray for our Military

- **John Schwartz**—in Afghanistan—
- **Robin Schwartz** stateside in Everett.
- **Jason Peery**—Oregon National Guard—heading to Iraq for a year, brother of Jennifer.
- **Jonathan Michaels Estrella**—son of Sharon Boswell.
- **Jason Bjazevich**—Megan Owenby's husband—Army Special Forces— Stationed in N. Carolina.
- **Scott Harpell**—son of Brian & Lynne—Stationed at Fort Carson, CO.
- **Aaron Weston**—nephew of Ken and Kathy—Stationed in San Diego.
- **Eric Schmidt** — son of Gene and Pat Schmidt — Camp Fallujah, Iraq.
- **Benjamin Lagonia**—dear friend of the Naylor family—stationed in Manitoba.
- **Brett Love**—grandson of Wilma—Army National Guard—Serving at home.
- **Christian Chmielewski**—nephew of JoAnn Couturie' - in the Marines.
- **ENS Andrew E. Timpner** (fiancé to Christin Suthard) on deployment with USS Momsen.
- **Devin Abbitt**—nephew of Paul Abbitt - Marine, stateside.
- **Duane Neyens** brother to Kathy Chapman—Army National Guard —is back at his home base in So.CA.
- **Philip Ankney**—LCPL Afghanistan Cousin of MaryAnn Peterson.
- **Jeffrey Lillard** —son of Barbara Lillard — Srg. In Army, Stationed at Fort Lewis.
- **Aaron Chmielewski**—joined the Marines. Nephew of JoAnn Couturie
- **Shawn Berland**—deploying for 6 months
- **Andrew Sustaita**—serving on board the USS Abraham Lincoln



Lifegroup Happenings

all in the family

by Florence Miller

When the initial news is not that good, any additional affirmative tests brighten the day: **Bill Deller**, who lately has been spending most of his time in clinics, received the latest test results indicating that his cancer has not metastasized into either his lungs or bones and for that he is grateful.. Today, (the 16th) he goes in to the cardiologist for an all day testing of his cardiovascular system. After that will then come decisions about his cancer treatment. For those of us who talk to him, he has a great up-beat attitude.. But he also needs our support through prayers and concerns for the days ahead.

Jeanne Gillman had been transferred to Kindred Hospital for rehab. She is being fed by a tube into her stomach and there is still concern for the chest x-ray showing the same big patches on her lungs. Latest update is, Jeanne is not doing well today and may be transferred back to ICU. Jeanne's address is: Kindred Hospital Room 222, Bed 2, 10631 8th Ave, Seattle,, WA 98125 Phone # 206-364-2050

A recent Herald obituary listed **Lois Mach's** brother, Thomas Mitchell Gordon as recently passing away. Our sympathies to Lois.

Gene Dobson's surgery went well, he is looking and feeling good and is ready to go home. He will be released today or tomorrow and will be going to the home of Richard and Jan Weakley.

Sandy Porter went home from the hospital this Tuesday. She still has an infection which is being treated by a port in her arm with a self-administered antibiotic.

Bev. Smith fell in her kitchen Sunday evening and broke a bone in her neck. She is wearing a neck collar and continues to be in great pain. & is having a hard time sleeping even with pain meds.

IM Missionaries Reported Safe

We have received word from International Ministries that all of the American Baptist missionaries in Japan have been accounted for and are safe. Our Japanese partner churches and schools have been affected by the earthquake and tsunami. One Great Hour of Sharing is accepting contributions for emergency relief and rebuilding efforts.

Happy Birthday to...

Cindy Falor, Joshua & Sarah Rohde....March 16th

Richard Tarry....March 17th

Angela Kienzle....March 18th

Bill Hamilton & David Strube....March 19th

Nadine Iversen & Denise Sontra....March 20th

Mike Decker & Chris Olson....March 21st

***Adult attendance: 9:00am 43 & 10:30am 191 ***Children: 9am 8 + 8 — 10:30am 23 + 12

***Elementary: 9am 23 + 6 — 10:30 am 33 + 8

***Middle School: 14 + 1 — Youth Small Group: 16 + 3

S.A.M. Happenings

It is never too early to start looking forward to **SAM's April First luncheon** and program. If

you remember the woman who gave an excellent portrayal of Carrie Ten Boom last Spring, then you will be eager to watch Susie Tucker in her portrayal of Gladys Aylward, a young English parlor maid who served as a missionary in China where her teaching brought whole villages to faith in Jesus. Also, during war time she rescued 100 orphaned children by leading them on a grueling journey over the mountains.

Our used bookstore is expanding as **Dave Miller** is adding to the Biblical book section as well as many other books which are being donated. Mel Tessness created new shelving and Dave painted them. Please remember to check out the display and, more importantly, check out some reading material! Filling our mission needs can only happen as we

Lifegroup Contributing Opportunities

The Road to Recovery
 Eight Principles Based on the Beatitudes
 10:00 am
 Wednesday mornings
 Room B-106
 Women's Study

GET ON THE ROAD TO FINANCIAL PEACE
 Dave Ramsey's Financial Peace UNIVERSITY
 daveramsey.com
 6:30 pm
 Cascade Room \$99.00
 Starts March 2nd, 2011
 FOR MORE INFO CALL 425-259-9166

USHER CAPTAIN 2011:
 March—Marc Owenby
 Pete Sontra
COFFEE HOUR Schedule
 March 20th
 Ruelyn Nelson
 Women of Purpose
 March 27th
 Gene Dobson
 Klahaya Class
 April 3rd
 Marty Visser
 Sunday AM

Women's Bible Study
 starting March 2nd 6:30-8:30
 A BETH MOORE DVD STUDY
HERE AND NOW... THERE AND THEN
 A LECTURE SERIES ON REVELATION

Newcomers Dessert March 27th at 6pm

Are you new to FBC and would like to know what goes on here? Do you have questions? Staff and leaders would love the opportunity to get acquainted with you!!

- * Dessert will be offered in the Hospitality Room from 6-7pm
- * Get to know other new comers and ask your questions
- * RSVP by writing "DESSERT" on a yellow communication card and place it in the

*Lela Meadows Scholarships available now!

*Greeter subs needed: call Carol Kelly.