



First Baptist Church , 215 Ann Street, Ravenswood, WV 26164 ~ 1-304-273-9910 ~ www.fbcravenswood.org

As we move into the month of May, we start thinking of remembrance and sacrifice. One of the reasons is that we often associate the month of May with sacrifice was due to Decoration Day or what was later called Memorial Day. It's the one time of the year, when we remember those who gave their life in service to our nation. Memorial Day honors the men and women in our armed services that gave their life for our freedom. According to the History Channel, Memorial Day became an official federal holiday in 1971.

I'm reminded of the scripture about the ultimate sacrifice one can make. In the book of John 15:13, we read, "There is no greater love than to lay down's one's life for one's friends" (NLT). When soldiers enlist, they do so on their own merit, knowing full well of the sacrifice and risks that lay ahead for each of them. Deployments can mean time away from families and active duty in combat zones can mean debilitating injuries or even death. *The threat is real*.

These soldiers do not run from battles, they run to them. In doing so, many gave their lives for their country, putting aside their wellbeing for others. In doing so, we honor each man and woman in uniform who gave their life for our country with this article. For us civilians, we may not even really consider the cost of military service. But, we still enjoy the benefits of living in a free nation, under the might of the most powerful military on the planet. I guess the same is true as for us as Christians.

Many of us live our lives as Christians every day, as though tomorrow will always come. We do not really worry about what needs done, or how will I do this? We don't always worry about our family members who are not in church. We simply enjoy the freedom we have in Christ to live a good life and be a good neighbor. But our Christianity -- our freedom in Jesus, came with a cost. Jesus laid down his life for us. When Jesus went to the cross for our sins, he became the end-all sacrifice for mankind. There would no longer be a need for sacrifices in the temples. There would no longer be a veil to separate man from God. We had all been grafted into Jesus Christ, by his death, burial and resurrection. Salvation became a free gift for those who would believe on him. His selfless sacrifice was for you and for me.

During this month of remembrance, take time to think about what Jesus has done for you. Not only did he love you while you were still out in sin, but he took the beating and nails for you, so you could be restored unto God, and be considered holy and blameless.

Let use this Memorial Day to remember those loved ones who have went on into eternity and are waiting for us, but also let us remember the heartfelt sacrifices that so many veterans gave with their life on the battlefield. Let us use this example to teach our children and grandchildren about Jesus and sacrifice in general. We can teach them about the Lord's willingness to lay His life down for us. Above all else, we can explain that the graves in the cemetery hold the remains of our loved ones. But there is one empty tomb....and that's Jesus' tomb. It's empty, because He overcame death and the grave. *Oh Death, where is thy sting*?

The point is, don't miss the opportunity that the month of May gives us to share our faith with someone we love. We can use something as dynamic as Memorial Day, to make our faith come alive in the eyes of someone we love. We just have to engage in the conversation.

Prayerfully, Pastor Toby



WE have had a very eventful month of April! With Palm Sunday, Easter and Sunrise Service, and our Revolving Revival - the kids have been very busy.

We had a great Sunrise Service program! The kids performed the play *Victory* written by our own Nikki Nicholson. Then they sang for both morning services. I was so proud of how they did - both with performance and attitudes.

Our Youth along with others in the Good Hope Association led the Praise and Worship for youth night at revival (May 1) and did a terrific job - even if they weren't sure of the songs. I love it that I can ask them to help with something and they just jump right in.

We've been having an average of about 20 to 25 for each meeting, even with some of our regulars missing.

I feel blessed to be a part of this group and I thank everyone for the opportunity to be their leader.

Blessings, ANN





Monthly Meetings & Activities

May 1-2 Revolving Revival continues May 2 Temple Challenge @ 6:30 May 3 Mama Mia Play @ 6:30 May 6 Trustee Meeting (a) 6:00 Deacons Meeting @ 7:00 May 7 Temple Challenge @ 6:00 May 9 Temple Challenge @ 6:00 May 12 Mother's Day - No evening services May 13 Finance Meeting - 6:00 BOCE @ 7:00 May 14 Men's Fellowship @ 6:30 Temple Challenge (a) 6:00 May 16 CIRCLE @ 7:00 Temple Challenge @ 6:00 May 19 Graduation Sunday / Graduate Breakfast Heritage Christian Academy Graduation May 21 Temple Challenge @ 6:00 May 22 Baccalaureate at RvHS @ 7:00 Anchor Articles Due May 23 Temple Challenge @ 6:00 CIRCLE @ 7:00 May 24 Ravenswood High School Graduation May 26 Memorial Sunday - No Evening Service May 27 Memorial Day - Office Closed Blood Drive 9-2 May 28 Temple Challenge @ 6:0 May 30 Temple Challenge @ 6:00

Nursery Workers

- May 5 Connie Staats
- May 12 Jennifer Wagoner
- May 19 Destiny Thomas
- May 26 Bev Stephenson

Children's Church

- May 5 Leanne Thompson
- May 12 Fred & Seth McGoskey
- May 19 Deb Lyons
- May 26 Richard Massey

CommUnity Kitchen

- May 4 Susan West Crew
- May 11 Wagoner Family
- May 18 Pilot Club
- May 25 Holiday No Community Kitchen

Bell Ringers

- May 5 Mary Beth Stewart
- May 12 Cole McGoskey
- May 19 Kian McGoskey
- May 26 Isaac Adkins

Deaconess for Communion

Helen Johnson

Junior Usher Benjamin Crow Focus on Sunday School:



Think It Over

I'll go where You want me to go, dear Lord; Real service is what I desire; I'll say what You want me to say, dear Lord; But don't ask me to sing in the Choir.

I'll say what You ask me to say, dear Lord; I like to see things Come to pass; But don't ask me to teach girls and boys, dear Lord -I'd rather just stay in my Class.

I'll do what You want me to do, dear Lord; I yearn for the Kingdom to thrive; I'll give You my nickels and dimes, dear Lord -But please don't ask me to tithe.

I'll go where You want me to go, dear Lord;

I'll say what You want me to say; I'm busy just now with myself, dear Lord -I'll help You some other day.

-Author Unknown

I'll learn what You want me to learn, dear Lord;

To know You will make me my best; But Sunday School is so early, dear Lord And Sunday is my day of rest.

-Susan



Attend Sunday School Today!

I WILL be faithful to my wife, to love and honor her, and be willing to lay down my life for her as Jesus Christ did for me.

That's a strong statement, but I wonder how many men would. I believe to answer that honestly men, you must have the presence of God within you. Its true many husbands, in the face of a dramatic emergency, might choose to die for their wives. It's not about being willing to die for her in a blaze of glory, but rather to sacrifice our lives every day for her. It begins with the will of God.

God alone designed the marvelous mystery of marriage. He designed it to be the most intimate relationship on earth. To be the most romantic and satisfying experience God must be in the center of it.

Most people don't get this. They don't understand how special and unique God has made marriage between a man and woman. Today in our society I believe this Holy matrimony God designed has been mistreated and made worthless or common.

I said earlier, I believe God has to be that solid foundation in a marriage. It's called Holiness and allows us to see our wife's in a new way. It allows you to set her apart in your eyes above all other women on the face of the earth. She has become a person to cherish, love, and protect for the rest of your life. God made woman, so make her holy for the treasure God has given to you.

I realize God has created marriage to be a living portrait on earth to reveal the loving relationship of Jesus Christ. I believe that God's calling for you as husband was not marry the women you love, but love the woman you married. I DO realize that is a tall order sometimes. Maybe another Anchor Article. Our daily behavior around our wives cannot be based upon their actions or our feelings, because neither of these is always good. It should be founded on a higher standard, Jesus Christ.

His love for us is beyond our imagination. His love for us is based upon God's choice, commitment, and unchanging character, not on us. God loves us not because we are lovable but because He is so loving. Nothing we do can generate more love from Him or take His love away from us. His Holy Spirit becomes our endless supply, pouring out the unconditional love of God into our hearts. This installs our thoughts and attitudes, then dictates how we act and react to one another. As husbands, we are called to put to death our own selfish desires to meet our wife's deepest needs. To say NO to what we want so we can say YES to what she needs.

I believe when a husband or wife follows the example of Jesus amazing things begin to happen. We can disconnect from our mate's imperfections and plug into God's nature. Instead of saying "I love you because..."we can honestly say, "I love you, period. I love you when you're beautiful to me and when you're not. I love you when you treat me well and when you don't. And I'm daily relying on God's unconditional love to pour through my life into you. For better or for worse, in sickness and in health, till death do us part----that's how much I love you."

By Burt Lyons

The Revolving Revival





Write an essay about your mother in 200 words. Given time - half an hour. The boy finished the paper in the first five minutes.. He wrote just one sentence...But got full marks.

That one sentence was:

"Any combination of 26 alphabets can never express my mother."

Kappy Mother's Day!

Congratulations Graduates!

First Baptist Church has 3 students who are graduating this year from high school. May the Lord bless each of you and guide you on your journey choices.



FBC About Town and Church

College Graduation Set for May 17 Congratulations to Jordan Williams!



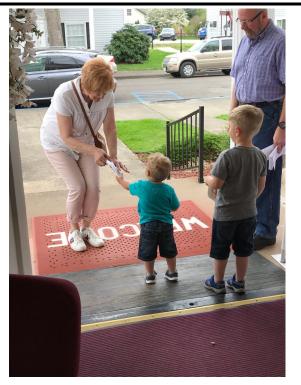
Jordan completed her degree in August 2018 in Medical Billing and Coding and Transportation from West Virginia Junior College. She will be walking for graduation recognition on May 17.

Way to go Jordan!

Two FBC youth were recently inducted in the middle school Honor Society. Congrats! Benjamin Crow and Beau Bennett







Grandpa watches over his *really* junior ushers as **Connor and Beckett Wyant** usher in our people on Sunday morning. Start that training early!!!

More FBC About Town and Church



Libby Hall was recently honored by being chosen Athlete of the Week. Libby excels in both softball and basketball.

Way to go Libby!

Memory Shrubs

The trustees will be working on landscaping around the church by planting new shrubbery. We will need a total of 15 plants to complete the work.

The cost for each shrub is \$30. If you would be interested in donating a shrub in memory of a loved one, please mark you check or envelope "Memory Shrub" and place in the offering plate.

If you have any questions, please contact a trustee.

Holy Week and Easter in Review

FBC was blessed with 5 (yes five!) baptisms on Palm Sunday! What a wonderful way to celebrate rebirth!



We Remember and Honor

May is a month of remembrance when, on Memorial Day, we remember and celebrate those who have gone on to be with the Lord. During the last twelve months, we have lost 6 beloved church members. We take this time to celebrate their lives and honor them.



Joshua M. Harpold Born 1989 Died May 12,2019





Gerald "Jack" Baíles May 30, 1929 to February **13, 2019**

Jackie Bailes August 13, 1933 to March 12, 2019

Dorothy "Dottie" Cox

Delmer Eugene "Gene" Bates Born 1938 Died April 9, 2019

September 12,1933 to July 25, 2018

Carolíta "Jean" Harmíson

Apríl 18, 1931 to Apríl 29,2019



Women's Conference Saturday, June 1, 2019 Parchment Valley Conference Center



Keynote Speaker:

Lisa Simmons

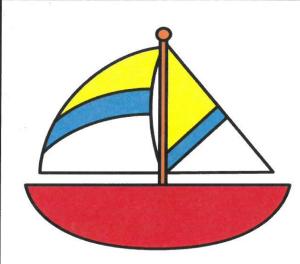


Navigating the Transformation in Women's Ministries

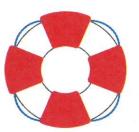
** Registration Saturday morning - 8:30 a.m.

- ** Lodging available on Friday night
- ** Registration form is available on our website and in this issue of Seasons





Women's Conference June 1, 2019 "Rock the Boat"



Afternoon Workshops: Anchoring - Rosemary McDonald Jibing - Sabrina Belcher Navigating - Sue Hamric Tacking - Sandy Currey

Conference Coordinator: Kim Mack Coordinator Elect: Sandy Currey

*Workshops will be on a rotating basis



"May He equip you with all you need for doing His will." Hebrews 13:21



2019 Mission Outreach Project Rice for Students in Thailand GOAL \$6,000

Imagine sitting in a room on the other side of the globe and hearing 50 children welcome you by singing, "You are my sunshine, my only sunshine, you make me happy when skies are grey." The House of Blessing preschool is located in Chiang Mai, Thailand and was established to teach ethnic minority children the Thai language as well as the skills needed to flourish in the Thai school system. The school was founded by International Ministries (IM) missionary, Kim Brown, 17 years ago. Over

300 students have attended and graduated from the preschool to move on to the Thai school system.

Our mission team was led by Lisa and John Simmons, now retired from the West Virginia Baptist Convention's office and former missionaries in Chiang Mai. The team was composed of their daughter, Chelsie Simmons, Dylan Evans, Sandra Lutz, Nancy Duckworth, Judy McCauley and myself. We spent three fun-filled mornings doing skits, crafts and games to teach the students the story of David and





how Jesus looks at our hearts. The kids were very loving and seemed to truly enjoy the time we spent with them as much as we enjoyed being with them. Ninety eight percent of the preschool students are from the Lahu tribe and we were able to visit one local community where many of these students live. Their parents moved from the mountain communities to find jobs in Chiang Mai. We also traveled three hours from Chiang Mai to visit a Lahu mountain community. It was a wonderful blessing to be able to see and play with the kids that our American Baptist Women (ABW) will be supporting with our 2019 Mission Outreach Project (MOP).

Our MOP 2019 Project will be buying rice for these House of Blessing students and their families. The rice program was developed by the staff after they noticed the students were frequently absent or arriving exhausted. The teachers discovered that the kids were spending their evenings in the

Night Market begging for money to help their parents provide food for their families. Although the parents are working, they struggle to provide for the basic needs of the family. The rice program provides rice if the parents promise not to make their children beg at night. The teachers then noticed a significant difference in the children coming to school

more rested and eager to learn. The program has been successful, but unfortunately, the House of Blessing is having a difficult time funding the program. Our MOP goal of \$6,000 will provide 16 House of Blessing families enough rice for the entire year!

Please pray for each one of this ministry, the people they serve and the missionaries. If you would like ideas for MOP fundraisers, please contact me at <u>dlallemont@yahoo.com</u>. If you prefer to make a donation and have a women's ministry program in place, please go through your regular channel of giving. If not, you are encouraged to donate individually.

Please send check to ABW Ministries, Attn: Linda Carpenter; 63 Wakefield Place, Washington, WV 26281.

Dee Lallemont Mission and Service Coordinator 6 Amanda Lane Parkersburg, WV 26104 Phone: 304-482-2976 E-mail: <u>lallemont@cascable.net</u>



Camp Forms available in the church office. Deadline for June Camps is May 17.



...where people meet Jesus and grow as His disciples in a community of faith.

Younger Midler June 7-9 (grades 2-4)

June 30 - July 6 (grades 9-HS Grads)

Junior High 2

July 7-13

(grades 7-9)

High School 2

July 14-20

(Grades 9-HS Grads)

High School 1

Junior 1 June 9-15 (grades 5-6)

Junior High 1 June 16-22 (grades 7-9)

Junior 2 June 23-29 (grades 5-6) Older Midler July 30-August 2 (grades 3-5)

All registrations begin at 3:00 p.m. on the day camp starts.

Age group is based on grade in Fall of 2019.



The following Camps are also held at Cowen, but each camp has its own individual registration form to complete.

> Women's Camp April 5-7 Hopewell Assn. Camp May 31-June 2 Senior Day (2018 HS Grads) July 13 Greenbrier, Raleigh, Rockcastle Assn. Camp July 21-26 Family Camp July 26-29 AB Men & Boys' Camp August 2-4 Camp Global August 9-11

All registration forms except the Association Camps are available by calling the West Virginia Baptist Convention at 304-422-6449.

Scan the code below for more information.



Be sure to mark your calendars and join us for the following work weekends at Camp Cowen! Men's Work Weekend~ April 26-27

Youth Work Party~ May 10-11



Official 2019 Baptist Camp Registration Form

ANY PARTICIPANT WITHOUT A COMPLETED HEALTH FORM WILL NOT BE ALLOWED TO STAY AT CAMP.

Please Register Early: If you have not <u>pre-registered two weeks prior to camp, please call to see if space is available.</u> (Please PRINT clearly)

Younger Midler June 7-9 (grades 2-4*) Junior 1 June 9-15 (grades 5-6*)	Jun (grad Ju Jun	or High 1 e 16-22 des 7-9*) mior 2 e 23-29 des 5-6*)	-(C	Circle Camp ending:	High Schoo June 30-Jun (grades 9-HS G Junior High July 7-13 (grades 7-9	ly 6 irads*) h 2	Jul (grades Olde	School 2 y 14-20 9-HS Grads*) r Midler D-August 2 des 3-5*)
Name:	First	Middlo		Last	Home Phone: (_)		
Address:	71131	Middle	City:	Las	State:	Zip:		
Gender: M								
Date of Birth:	<u> </u>	Grade	in Fall of	2019:				_
					, what:			
Church:								
Do you give your ch								-
Do you give your pe						purposes?	Yes No	C
Parent or Guardia								
Address (if differen	nt from above):			First		Last		_
Parent's Signature):		City			State	Zip	
Home Phone: ()	Work Ph	one: ()	Cell Phone:	()		
E-mail address:				@				
Attention Parente								

Attention Parents or Guardians: If for any reason the entire fee cannot be paid and mailed with the registration form, at least \$25 of the fee is required in order to hold a spot for your child in the camp chosen. The remainder of the fee must be paid prior to the beginning of camp. In order to receive the early-bird price, the fee must be paid in full two weeks prior to the first day of the camp attending. Please make checks payable to the West Virginia Baptist Camp at Cowen.

		MP FEE SCHEDULE	COWEN REGISTRAR USE ONLY:
		d Camps	Early bird pre-payment in full
CAMP)EARLY BIRD (**)	Medical Form
Younger Midler (grades 2-4*)	\$90.00	\$ 83.00	
Older Midler (grades 3-4*)	\$120.00	\$110.00	Scholarship ~ Amount \$
Junior High 1 & 2 (grades 7-9*)	\$230.00	\$215.00	_
Junior 1 & 2 (grades 5-6*)	\$230.00	\$215.00	Date received:/19
High School 1 & 2 (grades 9-12*)	\$230.00	\$215.00	Total Camp Fee: \$
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	~~~~~~~~	reeks prior to camp	Camp Store Deposit: \$ Balance Due: \$
		ntil Monday at noon	Fee Paid by Parent \$
(Maximum cost is \$350, base		te for 3.5 individual adult rates	
	below)		Check #: Check #:
		Ages 6-9 \$70.00	
Ages 3-5 Ş4	40.00	Under 2 years FREE	Fee Paid by Church \$

### WEST VIRGINIA BAPTIST CAMP AT COWEN PERMISSION FOR EMERGENCY TREATMENT & HEALTH HISTORY

Please fill this form out as completely as possible for us to be able to provide the best care to your child while they

are at camp.

Every camper needs a completed health form to participate in any Cowen summer camp programs.

#### SECTION I - BASIC CONTACT INFORMATION

Name				Birthdate		Age at	Camp
Last	First	Middle				/i50 ut	oump
Home Address							
	Street Address			City		State	ZIP Code
Social Security Numb	er of participant					Gender:	
Camper Lives With:	□Mother & Father	□Mother	□Father	□Grandparent	□Other:		
Custodial Parent/Gua	ardian					Phone	
Home Address							
(If different from above)	Street Ac	ldress		City		State	ZIP Code
Business Address	_					Phone	
	Street Address	Ci	ity	State ZIP o	code		
If not available in an	emergency, notify						
Relationship							
Address							
	Street Address			City		State	ZIP Code
Family Physician Nam	ie			Phone			
Dentist/Orthodontist				and the second s			

Parent/Guardian Authorizations: This health history is correct and complete as far as I know, and the person herein described has permission to engage in all camp activities except as noted. I hereby give permission to the medical personnel selected by the camp director to order x-rays, routine tests, treatment; to release any records necessary for insurance purposes and to provide or arrange necessary related transportation for me/or my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp. I understand that all reasonable attempts will be made to contact me as soon as possible after the condition necessitating treatment arises, and, that failing to reach me, all reasonable attempts to contact the alternate listed above will be made. I understand that all reasonable precautions will be taken for safety Virginia American Baptist Youth, and all persons associated with these organizations from any liability associated with any accident, injury or disease to the person who is the subject of this form. to the person who is the subject of this form.

SIGNATURE OF PARENT/GUARDIAN OR ADULT CAMPER/STAFFER

#### **SECTION II - NOTARY**

STATE OF WEST VIRGINIA

County of.

Name _

to wit:

I, a qualified Notary Public, in and for the County aforesaid, hereby certify that the person whose signature appears above, did on this date, appear before me, after begin duly sworn or affirmed, and reading this document in its entirety did affix his or her signature hereto in my presence.

NOTARY PUBLIC Date Executed

My Commission Expires: ______Please imprint seal in the area to the right:

#### SECTION III - TRANSPORTATION

In order to protect your child, please provide us with the following information:

Who will be picking up your child at the West Virginia Baptist Camp at Cowen at the close of camp?

Is there anyone in particular whom you do not want to pick up your child at the close of camp? If yes, please list the name(s) below: Name Name

#### THANK YOU FOR HELPING US PROTECT YOUR CHILD.

Please fill in the information on the reverse side of this form.

Any Changes to this form must be reported at registration

### SECTION IV - INSURANCE INFORMATION - Please include a copy of your insurance card. Please fill out the below information in the event of needing prompt health care for your child.

Is the participant covered by family medical/hospital insurance: 🛛 YES 🔅 NO

If so, indicate carrier or plan name:	Group #
Carrier Address:	
Address for Claims:	
Policy Holder's Name:	Relationship to Participant:
Policy Holder's Insurance ID Number:	
Policy Holder's Social Security Number:	Policy Holder's Date of Birth://

#### SECTION V - MEDICATIONS AND RESTRICTIONS

#### Will the camper be taking medications while at camp? $\Box$ YES $\Box$ NO

<u>ALL MEDICATIONS MUST BE TURNED IN to the medical personnel at registration.</u> (INCLUDING prescription, over the counter, inhalers) Please list all (prescription and non-prescription). Include the medication name, dosage, and dosage instructions. Use an additional sheet if needed. Bring to camp all medications in their original packaging that identifies the prescribing physician, the name of the medication, the dosage and the frequency of administration.

NAME OF DRUG	DOSAGE AMT.	TIMES GIVEN	TOTAL DAILY	REASON FOR	SPECIAL
			DOSE	MEDICATION	INSTRUCTIONS

Prescribing Physician: ____

Phone Number:

Identify any medications the camper takes during the school year that the camper does not/may not take during the summer:

enol yes no	Motrin/Advil	yes	no	Pepto-Bismol	yes	no	Maalox/Tums	yes	no
odium yes no	Benadryl	yes	no	Cough Medicine	yes	no	Allergy Relief/Claritin	yes	no

#### Medical History or Special Instructions for Minor Illness:

Please provide information (past or present) on any recent illness (fevers, infections, rashes, cough, headaches) or injuries (i.e. broken bones, asthma, concussion, surgeries) or special instructions for minor illnesses. Unless specific instructions are provided, the camp health professional will treat minor illnesses with over-the-counter medications. If the illness persists, parents will be notified.

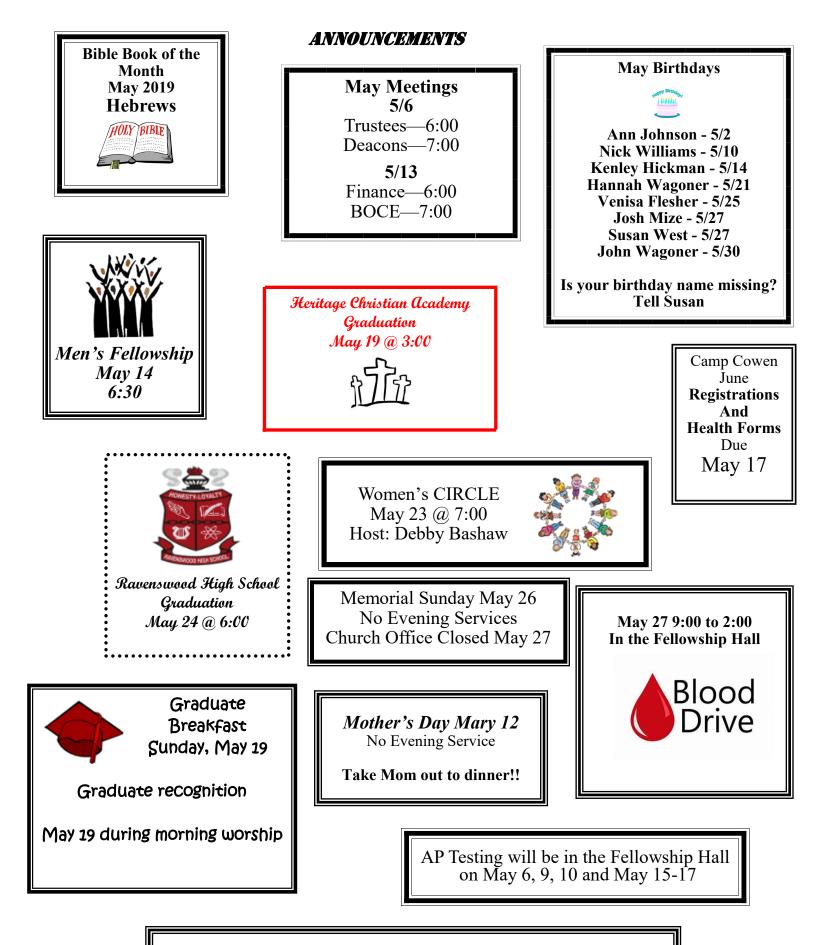
Has your child ever been put on concussion protocol? 
• YES • NO If so, when? _____

**** Child under 18:** Should your camper need immediate medical attention outside of camp, hospital emergency staff as well as paramedics need to know your child's **Height:____ft ___in Weight:____** to provide proper treatment in your absence.

#### **SECTION VI - ALLERGIES**

Camper does not have any allergies

Camper is allergic to: 🗆 Poison Ivy/Oak	Insect Stings	Medications: _	🗆 Food Allergy:
Reactions:			



Have you checked out the prayer calendar today?

### **CHURCH PRAYER CALENDAR**

Prayer for our fellow members is an important part of our relationship with the Lord and helps us to grow closer as a church family. Each day during this month there is a different individual or family that you are asked to include in your prayers.







Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Terri Green- wood	2 Rhonda Hall Libby	3 Nathan Hall	4 Mike Hall
5 Jo Hendricks	6 Kyle Hickman	7 Crystal Hick- man Destinijane, Tara	8 Lisa Hoke	9 Kathy Hudson	10 Mark & Rhonda Hunt	11 Margaret Johns
12 Bob & Helen John- son	13 Ann Johnson	14 Torren Johnson	15 Jason &n Leigh Ann Kerns, Mason, Logan	16 Chris & Shannon Ki- mes,Isaiah,Cedar, Emma,Lily, Oma-	17 David Lehew	18 Emily Lehew
19 Debbie Legg	20 Wayne & Pam Legg, Victoria Samantha, Josh	21 Tom & Susan Lookabaugh	22 Greg Lyons, Cameron, Kyler	23 Peg Lyons	24 Talia Martinez	25 Richard & Phyllis Massey
26 Fred & Robin McGoskey	27 Seth & Lauren McGoskey, Cole Hadleigh, Tyler, Kian	28 Adam McGoskey, Taylor	29 Theresa McKown	30 Cassandra McKown	31 Carolyn Mellinger	



Defend the poor and fatherless: do justice to the afflicted and needy. Deliver the poor and needy: rid them out of the hand of the wicked.

Psalm 82:3-4