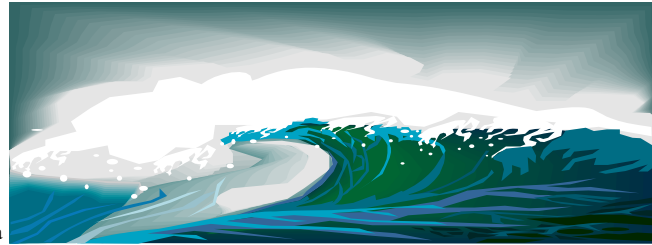




The *August 2023*  
Anchor

We have this hope, a sure and steadfast anchor of the soul...Heb.6:19a



Psalm 111:2 says, “*Great are the works of the Lord; they are pondered by all who delight in them.*”

It is hard to believe that summer is over halfway over as we enter the month of August. For many of us, we have already had our vacations and are preparing for the fall. Summers help us make some great memories with our families. Some of the memories, we might want to document with photographs and shorts notes of our experiences. We may want to put them in a journal of sorts. Did you know that some people in our church keep a diary and personal journal? Leaving a spiritual diary or spiritual journal as part of your legacy for friends and family after we die could be something really special that will be treasured for generations. Our memories and insights can be treasures to others.

The National Institute of Health (NIH) says that there are benefits in keeping a diary. Their study looked at the impacts in Korea for those who wrote spiritual diaries ‘5–7 times a week.’ Those folks reported spiritual growth and psychological wellbeing more than other groups.

The Gospel Coalition says while the Bible does not specifically mention spiritual journaling, certain books of the Bible (e.g., Psalms, Nehemiah, Jeremiah) record prayers, personal life events, reflections on Scripture and other themes often associated with the practice. The goal is to use a journal to remind ourselves of God’s faithfulness which in turn helps increase our faith.

The great evangelist D.L. Moody kept journals and diaries ranging from the 1850s upward. Some of the things that are found in his writings are about how he ministered during the Civil War, worked with prisoners of war in the south, and was a champion for women and disadvantaged children. We can learn from Billy Graham that he modeled his own ministry after Moody’s. We have these insights because of their writings and love for God that was shared for future generations.

What message are we leaving about what God has done in our lives? We don’t have to look for things to share when we journal, we simply write what is on our hearts. For you and me, when we journal, we can connect with God in a personal way, that is private in the moment. We can share our burdens, our fears, our successes and hopes and dreams for our lives and our families and our church. We might just be journaling in an effort to seek the Lord’s direction providing clarity and purpose. We might be writing about our own experiences and how the Lord is at work on those actions. As you and I record our faith experiences and spiritual journey, we can offer prayers for those we love, and those who mean the most in our circle of influence.

If you are like me and your mind can wander from time to time, journaling has a way of keeping our thoughts focused as our we write from the heart. Perhaps, your journal becomes one big letter to God. Journaling can be your “joy book” or maybe even be a book of “healing.” Journaling is something that many people are open to doing.

Statistically, according to Psychology Today, there is a one-in-two chance you’ve kept a journal at some point in your life as an outlet for your thoughts, or maybe documenting an experience to revisit later in life. The report said, it is estimated that 1 in 6 people are actively journaling at some level right now. In 2014, a survey indicated 21 percent of children and young people write in a diary at least once a month.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8542544/>

<https://www.thegospelcoalition.org/course/journaling/#how-to-keep-a-spiritual-journal>

<https://moodycenter.org/d-l-moody-digital-archives/>

If we can make those journaling moments spiritual and see them as opportunities to connect with Jesus on a deeper level, we can feel closer to Him.

Perhaps you have been thinking about journaling, and if you have, it's never too late. I think of Ron Starkey in our congregation who has been journaling most of his life. He has book after book of events in his life. Ask him about it sometime. God is good to us. We know it. Can we honor Him with our thoughts and meditate on His Word? Yes we can, and journaling helps.

Here are four steps to help you get started:

1. Get a notebook or journal, or just start a Word document on your computer. Find a place in your home or wherever you are that is quiet and free of distractions.
2. Pray that God gives you a thought for the day and build on that thought. Perhaps your thought is thankfulness. Tell God what you have to be thankful for now and how He has always been there for you. You can even open the Bible read a verse of Scripture and write about that verse and what it means to you. You don't have to write perfectly or even spell words correctly. Just write from the heart as if you are talking to the Lord the entire time. You're basically writing the Lord a letter of sorts.
3. Commit to repeating the process tomorrow, or as often as you can. Make sure your thought is dated, so you can reflect on it later.
4. Lastly, before you close the book, pray that your journal draws you closer to the Lord and end with an actual prayer of thanks to God for the time and ability you have to journal in that very moment.

I'm reminded of Jeremiah 15:16 that says ***"Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O Lord, God of hosts."*** Are we willing to attempt to journal our blessings and needs? Are we willing to bless God with our thoughts? If so, I encourage you to start soon. Don't put off doing until tomorrow, what we can actually do today. As the Scripture says, ***"Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil"*** (Proverbs 4:20–23, 25–26).

Just as we think about summer coming to a close, chances are you have spent a lot of time with family and friends over these last couple of months. Start your journal there, and reflect on God's goodness to you over the summer months. Perhaps the heat of summer has impressed upon you that we are to be hot or cold for the Lord. Perhaps the heat of summer has impressed upon you that we are to have a fervent love one for another.

If you decide to start journaling, just remember, whatever you write, make it from your heart, and it will be perfect. Journaling is not required for Christian growth, however it can be a tremendous help to you in your growth. Why? How? Because you are reflecting on God and applying His Word to your life. If you share those thoughts someday with others, people will see just how you were blessed. Matthew 5:16 said, ***"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."*** In our writings – may we always let our light shine for Jesus.

A lot of us may think about what we plan to do with our money after we die. But, do we ever think about what we can do for our families that doesn't require money after we die. One of those is leaving the journal to someone who will protect it for future generations. God is good now. He will be good to us in the future.

In His service,  
*Pastor Toby*



Thank You! Thank You! Thank You! for supporting the Youth Yard Sale! We made over \$3500 this year. It was a great sale!

We made the trek over to the Jackson County Fair on Wednesday—in the heat—and had a great time! 14 kids and drivers went to see what all was there and survived!

We plan to go on a water trip on the last day of July. I'm not sure if it will be Water Ways or the water rafting in Hocking Hills yet. The kids will be voting on it as this is written.

Our average attendance through July has been 15. We are continuing our study of Proverbs and learning the wisdom that God has for us. Our Bible study is each time we meet on Wednesday and Sunday evenings. They really like having our studies poolside.

Soon school will begin. I hope everyone will keep all the youth in prayer for the coming year. They have a lot of challenges. The Back to School Prayer will be at each school on August 21 at 6:00.

Looking forward, we are now scheduled for possibly 5 home games. The first End Zone will be on August 25 when we play Williamstown at home. Snacks, drinks, chaperones and students will be needed to make this a successful year for End Zones.

Again, many thanks to everyone at FBC for supporting the Youth. They are tomorrow's future.

Blessings,  
Ann



# Trash or Treasure?



Treasure for Sure!





# END ZONE RETURNS



Our church will be hosting the after game youth activity - End Zone - again this year.

The End Zones are after every home football game for Ravenswood High School. This year's first home game will be on August 25.

As with every year, we will need chaperones, kitchen help clean up and set up, table decorating, as well as donations of food and drinks.

If you are willing to help in any capacity, please come on board!

*Let our youth know we love them!*

# This & That at FBC



We will be having a baptism service on August 13 during the morning worship service.

If you have given your heart to Jesus and would like to follow Him in baptism, please contact Pastor Toby.

*And now why do you wait? Rise and be baptized and wash away your sins, calling on His name. Acts 22:16*



The Good Hope Association will have its annual meeting on August 20 at Hopewell Baptist Church in Mount Alto.

We will gather for the luncheon at 1:00 with the meeting to follow at 2:00.

Everyone is encouraged to come and fellowship with our sister churches.

Carpooling will be available.

## Game Day Fun Day



Everyone, both young and old, are having a great time at Game Day every Thursday at 1:00.

Stop by some time and join in the fun.





With August comes the starting of the new school year, football, and all the activities we associate with fall.

*Why not start a new habit this fall?* Bring your family at 9:30 each Sunday to Sunday School. We have classes for every age and terrific teachers. Our theme is always Jesus.

Parents tried hard to place their kids in the right class that will help them learn what they need in life at school.

**But don't forget, what is needed most to make it in the world is Jesus!**

Sunday School Promotion will be on August 27. Our Teachers Appreciation Luncheon will be right after the morning worship service that day.



Jesus loves me this I know; for the Bible tells me so.

***He Loves Everyone! Bring your family to Sunday School this week!***

# Come and Learn How to Make Shade Covers for These!



On August 7 from 6:30-8:30 we will gather in the Fellowship Hall to meet Anita and Rick Gutierrez, two of our American Baptist missionaries to Africa. During the evening Anita and Rick will show us how to sew the covers that go over the geodesic domes that will be use to raise chickens, grow fruit trees, and provide meeting places in their ministry in South Africa.

These tunnel domes become places for life to flourish and create green space, shade and trees for present and future South Africans, Mozambicans and Swazis. That is what this is all about—priming the pump for human flourishing and showing people a skill with trees which does change their lives.



Bring your sewing machines ( if you have one) and a curiosity for God's mission work and enjoy the evening with fellow Good Hope Association churches .



## *Welcome Terry Morgan!*



We are so happy to have Terry join us at First Baptist! Terry was baptized on July 23. Let's make her feel welcome!

## **Men's Blessing**

All the men are invited to the home gathering at Rich Rees every Tuesday evening for a devotion and discussion.

Rich has been graciously reaching out, inviting in and sharing Christ with the men in our church and community.

For more information, contact Rich or Ruth Rees.



Sundae and Movie Night August 11  
At 7:00  
Bring the whole family and have a great time!

## **IT'S TIME!**

**FBC choir practice will begin again on August 30 at 7:30 after the Adult Bible Study.**



Our practice is for an hour and everyone who enjoys singing for the Lord is welcome.

Abbi Woods continues to be the best ever Choir Director and we are so blessed to have her lead us.

Save the date and time and come *Sing to the Lord a New Song!*



“SING AT THE PARK”  
RAVENSWOOD RIVERFRONT STAGE  
**SATURDAY- AUGUST 26, 2023**  
2:00-????

FEATURING: FORREST FITZPATRICK, RAVENSWOOD SR  
CHOIR, RAV CHURCH OF NAZARENE CHOIR, PRAISE  
CATHEDRAL PRAISE TEAM, THE RIVER RATS,  
RAV FREEWILL BAPTIST PRAISE TEAM,  
FANNIN CHAPEL SINGERS, AND OTHERS.....

FREE HOTDOGS, DESSERT AND WATER  
WILL BE PROVIDED BY  
“NO HUNGER FOOD PANTRY”

BRING A LAWN CHAIR AND A FRIEND AND ENJOY THE  
AFTERNOON!!!!

FOR INFORMATION, PLEASE CALL 304-532-7388 (TOM) OR  
304-531-5263(RUTH)



# The Gospel Harmony Boys Concert



**Milhoan Ridge Baptist**  
**9015 Ravenswood Rd**

---

**Sunday Evening**

**August 13<sup>TH</sup> – 6:00m**

**Bring a Friend, Invite a Neighbor**



# Looky Here!



The Young Adults have been enjoying being a part of a group of loving friends. They gathered in July for the bridal shower for Skyler Varney. (left )

Above right, newborn Hunter and Hudson Mullins, twin sons of Scarlet and Patrick Mullins, came for their first church sermon. They slept right through it. (Sorry Pastor Toby) 😊



## ***Congratulations King Family!***

Matt, Kristie and Landon King added a new member—Nate—to their family in July.

Everyone was all smiles as the family of three became a family of 4. Pastor Toby was on hand to watch the activities.

Welcome to the family Nate!





**GIVE BLOOD  
SAVE LIFE**



**American  
Red Cross**

**Monday  
August 7  
Noon to 5:00  
First Baptist Church  
Fellowship Hall  
Register at  
[Redcrossblood.org](http://Redcrossblood.org)**



**Let Susan know if you can help with registration and/or hospitality.**

**Thank you!**

## *Sunday Morning Whisperings*

(By the elegant lady in the purple hat)



May I sit here beside of you?  
You know this is my favorite pew...  
I hope there won't be too much crowd...  
The organ sounds a bit too loud.

Yes, I've sat here for many years....  
Say— that's the coat I saw at Sears!  
Marked down on sale but high at that.  
It surely does make her look fat!

I went right back, but it was gone.  
That girl has too much lipstick on!  
They say the young folks had a fight  
In B.T.U. last Sunday night.

And did you hear—it must be true—  
That Mrs. X is going to sue!  
What? Take a part on B.T.U.?  
Oh, no! That's one thing I can't do!



Well! Would you check the preacher's tie!  
The things he wears! I don't know why!  
What? Help out in the nursery!  
My dear, you surely can't mean me!

What made the choir select that song?  
Why, half of them are singing wrong!  
No, thank you. I don't need a book.  
I never sing. Just sit and look.

See the preacher's wife's new hat?  
She paid a pretty price for that!  
No, I can't make it Wednesday nights,  
I simply have to watch the fights.

From things I've heard it seems to me  
The deacons aren't all they should be!  
I'm not much sold on foreign missions—  
They have such terrible conditions!

A special offering for that!  
We starve at home while they get fat!  
Why do they let our preachers roam?  
We've heathens plenty right at home!



## Focus on Sunday School:



### *6 Reasons Sunday School Is Important in Your Christian Life*

- SS improves your Bible knowledge . Knowing God makes you more likely to understand and obey God.
- SS helps you grow spiritually. Seeing SS teachers and members who model Christ help us know how to live for Jesus.
- SS provides a place to belong. You are known, personally recognized and transparency is more likely to occur. You can share needs in a safe environment.
- SS helps build meaningful relationships. You minister alongside others.
- SS gives you opportunities to serve and minister. You'll have the privilege to share your faith and show the love of Christ.
- SS has a place for the whole family. In one trip to church your entire family can participate in the important purposes of Bible study, fellowship, discipleship, ministry and evangelism. All family members grow in Bible knowledge and in spirit.

*It's amazing what you can learn in Sunday School!*

## **August Calendar**

- Aug 01 Office closed  
Aug 03 Deaconess Meeting  
Aug 07 Red Cross Blood Drive  
Trustee Meeting  
Anita and Rick Gutierrez Mission Workshop  
Aug 11 Sundaes and a Movie Night  
Aug 13 Baptism  
Aug 14 BOCE  
Aug 15 Financial Meeting  
Aug 20 Good Hope Association Meeting  
Aug 21 Back to School Prayer  
Aug 22 Deacons Meeting  
Aug 23 Anchor Articles Due  
Aug 27 Teachers Appreciation Luncheon  
Sunday School Promotion  
Aug 30 Choir Practice resumes

\* Game Day every Thursday 1:00-3:00 (not on holidays)

## **August Birthdays**



**Bobby Jeter—8/1**  
**Destinijane Hicks—8/2**  
**Jane Moore—8/3**  
**Warner Stephens—8/8**  
**Patti Calvert—8/8**  
**Beau Bennett—8/11**  
**Holly Palmer—8/11**  
**Lincoln Ritchie—8/11**  
**Mason Kerns—8/13**  
**Nate King—8/13**  
**Amy Starkey—8/15**  
**Izzy Boothe—8/20**  
**Torren Johnson—8/22**  
**Leigh Ann Kerns—8/26**

**Is your birthday name missing? Tell Susan**

## **Bible Book of the Month**

### **II Kings**



## **CommUnity Kitchen**

**Aug 5 Burt Lyons**  
**Aug 12 Young Adults**  
**Aug 19 Episcopal Church**  
**Aug 26 Sherry Walker/  
Savana Leasure**

*Sign up for  
CommUnity Kitchen 2023!*

## 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.**



# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Nancy McCoy	2 Fred & Robin McGoskey	3 Adam McGoskey, Taylor	4 Theresa McKown	5 Cassandra McKown
6 Carolyn Mellinger	7 Don & Phyllis Michael	8 Daryll & Roberta Miller	9 Ben & Christie Mize	10 Joshua Mize	11 David & Mary Jo Moore, Hunter	12 Jon & Jane Moore
13 Eugene & Jessica Morgan, Aiden, Jazalyn	14 Terry Morgan	15 Patrick & Scarlett Mullins, Ryleigh, Emree, Hudson, Hunter	16 Rick & Cathy Murray	17 Megan Noble, Brody	18 John & Jennifer Ortt	19 Allen & Holly Palmer
20 Adam Palmer	21 Adam & Brittany Pistelli, Kolton, Max, Ella	22 Tyler & Jennifer Pitts, Owen, Isabella	23 Mick & Susan Price	24 Mary Proctor	25 Kay Pursley	26 Roger & Belinda Rader
27 Juanita Raines	28 Rich & Ruth Rees	29 Lee & Connie Reynolds	30 Tyler & Michelle Ritchie Josh, Mary Beth	<b>31 Rhonda Ritchie</b>		

