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WISE BAPTIST NEWS

A PUBLICATION FOR MEMBERS AND FRIENDS OF
WISE BAPTIST CHURCH

October 1, 2013

A place for faith and fellowship with family and friends.



Dear church family and friends,

Part of the human condition means facing temptation. Let's look at a practical strategy. It is important to have a plan that is not only ready to apply, but that is rehearsed ahead of time.

The moment you feel the first twinge of the temptation:

Practice deep-breathing (Inhale slowly to a count of 6. Exhale slowly to a count of 6. As you exhale, breathe a short prayer of thanksgiving, such as "Thank You, Jesus, for dying on the cross for me.") This calms the heart, slows the pulse, lowers blood pressure, and then calms the brain. Do this until you feel calmer. This will make it easier to apply the next steps.

See clearly what is happening. Say out loud... "I am feeling tempted to _____." Say what you are hoping it will do for you. "I hope this will make me happy", or "I just want to escape from the current stress in my life." Also say out loud what the real result will be if the temptation is pursued. For example, "I will be disappointed in myself and will have wasted time and money..."

Plan to **substitute a positive activity**. Stress makes us vulnerable to temptation. Therefore, if you have a stressful event coming up, plan in advance an activity that relaxes you (golf, tennis, running, walking, reading, etc.). Have everything available to make it easy to follow through.

Strengthen relationships. Loneliness and isolation make us more vulnerable to temptation. Plan to connect with someone. Make a phone call or visit. Plan to do an act of kindness.

Practice. Practice. Practice. How do you practice being tempted? Bring to mind briefly the temptation. Then immediately deep-breathe until you are calm. Say out loud your false expectations and the real consequences. Plan a positive substitute and follow through as soon as possible. Plan to connect with someone you trust and follow through as soon as you can. Perform an act of kindness. Take 5 – 10 minutes to practice these steps in the morning and also in the evening...every day. This teaches you to start winning this struggle.

Apply these steps when the real temptation occurs.

Love , Pastor Mike

IMPORTANT DATES

Youth Camping Trip
Oct 4-5
Lunch at the BCM
Oct 14
Creep Trail (youth)
Oct 20
Youth Serving Day
Oct 27
Road Trip (youth)
Nov 1
Leadership Team Retreat
Nov 9
Christmas Cantata
Dec 8
Marriage Retreat
Jan 24-26

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In Sympathy

Our deepest sympathy for Donnie, Sharon Bradley and family for the loss of Jewell Bradley. She passed away Sunday at Heritage Hall in Big Stone Gap.

She will be missed as a member of our church family as well.

ANNOUNCEMENTS

BCM Luncheon

Our next luncheon for the college students will be held on Monday, October 14 from 11:00 am until 1:00 pm. Last month, we served over 40 people!

We would love to get others involved. This is such a great ministry to the college community and the ones that have been involved have thoroughly enjoyed it.

Our planned menu is Mexican food. We will be serving tacos, nachos, fajitas, refried beans, Spanish rice, Pico de Gallo and guacamole.

If you are able to serve, we would love to have you at the BCM building at 10:45am and we should finish up with cleanup by 1:15 pm.

If you are unable to serve, but could make one of the above items, we would be willing to pick up or you can bring it to the church on Sunday morning and we will warm it to be served on Monday.

If you would just like to purchase some taco shells (hard and soft) or the Pico de Gallo or guacamole, that would be appreciated, also.

Please see me in church or call me at 276-393-5004 or

Email me at donnahutchinson@usa.net

Peace and Love, Donna

One of our own

Melissa Blackburn was the speaker at the Alumni in Action Kick Off Saturday. She has many abilities and this presentation was proof. She will graduate in May 2014, completing her pre-pharmacy undergraduate studies in three years. Melissa will enter pharmacy school in the fall of 2014. From her time as a Sunbeam and a Sunbeam helper, Melissa has demonstrated leadership quality and character. She is a great example of an outstanding young adult at Wise Baptist church.

Wednesday Night Bible Study

The New Bible Study series has gotten underway. If you haven't signed up yet, it is not too late to join us. We have a great meal at 6:00 and then Bible Study after at 6:45.

(Sept. 18 – Oct. 23)

* "Changing Places: A Christian's Guide to Caring for Aging Parents" – by Betty Roberson

* "Setting Boundaries with Kids" – by Cloud and Townsend

* "Ephesians: Building a Community in Christ" – by John Stott

(Sign up on Church Communication Card or notify church office)

Sunday School Leaders Breakfast

Thank you teachers for attending our Sunday School Breakfast last Sunday morning. Pastor Mike began our discussion reviewing the recent Sunday School conference. The purpose of the Update was to focus on the importance of Sunday School-sharing God's Word, bringing the truth of the gospel to light through the Biblical stories, helping folks come to understand God's gift of salvation, and fellowship and outreach. Notes of the Update and contact information will be sent out this week to all teachers and subs. A big THANK YOU to our Sunday School teachers, subs, and staff for your service to the Lord, our church and the members of each class. May God bless your efforts and bring you a multitude of blessings this year!

Operation Christmas Child



Operation Christmas Child, a ministry of Samaritan's Purse, works year-round to offer the opportunity for children across the world to come to know Christ as their personal Savior. Wise Baptist Church participates in Operation Christmas Child by packing shoe box gifts and by serving as the Wise Relay Center for collection of shoe box gifts packed by others in our community.

Have you ever wanted to be more involved? There are opportunities available in our area to be a year-round volunteer. What does a year-round volunteer do, you ask? Well, there is a lot that goes on in the "off season" to prepare for the National Collection Week held each November. There are local teams in the areas of church relations, community relations, media relations, prayer, and shoebox collection. Everyone is invited to become a part of our local area team in one of these capacities!

If you are interested in being involved on a year-round basis, please contact **Rebecca Osborne** (276.365.0969 or Osbornes4God@aol.com) for more information.

About Operation Christmas Child: For 20 years, Operation Christmas Child has answered the call to share the love of Jesus Christ with hurting children around the world. In 2012, more than **9 million** shoe box gifts were collected internationally from the United States and 10 other countries. The Mid-Atlantic region packed **798,280** shoe box gifts and **over 8,000 shoe box gifts came from our area (Dickenson, Wise, Scott, and Lee counties)**. Since 1993, more than 103 million gift-filled shoe boxes have been distributed to children in more than 150 countries worldwide. Dedicated volunteers work year-round to promote and pray for Operation Christmas Child.



From Leigh

I love my husband more than anything and being an "empty nester" is great. But, I miss my children. Aaron and Anna are making us proud—but they are so far away! Aaron is studying in Spain this fall and Anna is back at Baylor. Skype and Facetime is wonderful but it will never replace a hug. Mark and I are heading to Texas later this week to catch up on some hugs! Children bring so much joy to our lives; they create memories and moments that will never be forgotten. Parents, cherish your time. Make choices that will make a lasting impression—ones that are sometimes very difficult—your children will remember those and they will teach their children.

I have spent some time reflecting this week on our mission trip to New Jersey. The news of Jack's death was very difficult. While on the trip, Daniel Ray commented one evening during our devotion time that the emotional toll this storm had taken on families was overwhelming. We had expected destruction and physical need; we were not prepared for the emotional distress. The latest disaster with the fire on the boardwalk was just too much for Jack. He had been struggling for a while. His family and church family and many others in NJ and other disaster areas are also suffering from emotional distress. Sometimes meeting the physical needs of others is the easiest thing to do. I pray that we will also consider other ways to meet deeper, harder to reach needs.

Blessings, Leigh

Recent "improvements" to the Youth Building at WBC:

Right: A new awning over the kitchen door—installed by John Ponish and Bryon Burton.

Below: New curtains made by Sherlene Hall.



Right: Stone tablets engraved with the Ten Commandments. These were donated by Ray and Carolyn Jones and installed by John Kennedy and Harold Witt.



As you pray, please remember...

Jon Kennedy, Pat and Fred Adkins, Ray and Carolyn Jones, Lynell Wells, Wanda Baird, Glenn Hill, Lawrence Black, Bill Horne, Sr., Marty and Rose Kennedy, Patsy Boggs, Donnie and Sharon Bradley



All of the cancer patients in our area
Our men and women in the military

Our Shut Ins:

Jack Tolbert, Sr., Hazel Dixon (Mountain View), Martha Gilliam, Eddie Culbertson, Jeanne and Debbie Stallard, Vernoy Bolling, and Peggy Tolbert (Heritage Hall—BSG)

If there are other known prayer concerns and/or shut-ins, please let us know.

Donnie & Sharon Bradley Oct 3

Rich & Holly Meade Oct 5



Happy Birthday

Gloria Raile	Oct 1
Misty Belcher	Oct 1
Jasmine Vance	Oct 1
J Matthew Cantrell	Oct 1
Ann Wade	Oct 2
Averia Stalnaker	Oct 2
Brandon Winters	Oct 4
Susan Davidson	Oct 5
Tony Harris	Oct 5
Debbie Caudill	Oct 7

SYATP

See You At The Pole is a national event which promotes worship and prayer on our school campuses. Last Wednesday we had a great turnout of students at LFA and Central participate in the SYATP event. It is inspiring to hear and see these young people worship and share their faith in Christ without shame or hesitation. *To God Be All Glory.*

YOUTH ON SUNDAY

The youth will meet on Sunday from 6-7:30 in the youth building. Susie Bailey and Kathy Kennedy will provide our meal. Invite a friend! Thank you Vance family for the baked spaghetti last night!

SERVICE

Thank you to the youth for serving lunch following worship last Sunday. The meal was great and over \$800 was given to help provide shoes and coats for children in our area. I would especially like to thank Mark Collins for his leadership!

CAMPING TRIP

Please remember to mark your calendar for October 4-5 for a camping trip to Natural Tunnel. Plan to meet Donna at 4pm at the youth building. If you need to leave later, let Donna know. Please bring drinks and snacks to share.

Volunteers this Week

Deacons On Call:	9/29-10/5	Jerry Baird, Bill Sutherland
	10/6-12	Dan Helton, Ron Helton
Building Stewards:		Ron, Dan, Scott S.
Instrumentalists:		Susan M., Eva, Susan S., Gigi,
Worship Welcome Team:		Cindy E., Oscar R., Daniel R., Wendy A.
S.S Greeters:	10/6	Mike and Rebecca Osborne
	10/13	Bob and Teresa Adkins
Nursery:	10/6	TBA
	10/13	TBA
Children's Church:	10/6	Jennifer England
	10/13	Vanessa Mullins
PA:	10/6	Wayne Isaac
	10/13	Mike Osborne
Tellers:	October	David Mullins, Martha Blackburn
Ushers:	10/6	Ron Swindall*, Lewey Lee, Bob Adkins, Gary Smith, Bill Sutherland, Mike Strouth, David Mullins
	10/13	Travis Jessee*, Jason Mullins, Jeff Elkins, Bryan Burton, Robert England, Dwight Jessee, Daniel Ray, John Mark Adrian
		*offertory prayer
Habitat Store:	10/2 Wed	June Dotson
	10/5 Sat	June Dotson
Serving Team:	10/2	Vanessa Cyphers, Susan Smith, J Jennifer England, Karen Ponish
	10/9	Beverly Viers, Sandy Mullins, Sherry Collie, Brenda Kunigelis
Wed Night Dinner:	10/2	Hamburgers, French Fries, Baked Beans
	10/9	Beef Roast, Carrots, Potatoes, Biscuits

A Place for Faith and Fellowship
with Family and Friends



Weekly Opportunities

Wednesday	Mission Committee	5:30 pm
	Meal	6:00 pm
	Bible Study	6:45 pm
	Choir Rehearsal	7:50 pm
Friday	Youth Camping trip	4:00 pm
Sunday	Bible Study	10:00 am
	Worship	11:00 am
	Youth	6:00 pm
Monday	Piecemakers	9:30 am
	Children's Choir	3:45 pm

Rev. Mike Winters Contact Information

Mailing Address: 8915 Red Maple Dr., Wise, VA 24293

E-mail: MikeWinters@wisebaptist.com

Phone: 276.328.6247 (M—F from 8:30 am to 12:30 pm)
540.280.5598 (Outside of Office Hours)

Phone: (276) 328-6247 Website: www.wisebaptist.com Email: wisebaptist@verizon.net Fax: 276-328-6204

CREEPER TRAIL (YOUTH EVENT) OCT 20TH



Wise Baptist Church

P.O. Box 777

Wise, VA 24293

Thought For The Week :

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ” [Philippians 1:9-10 NIV](#)