

SAM

SEASONED ADULT MINISTRY
SERVING THE GREAT

I AM

JULY 2024



HAPPY BIRTHDAY
Mary Ann Pennington
One of 6 SAMers born on
the 4th of July!

HAPPY BIRTHDAY
AMERICA
July 4

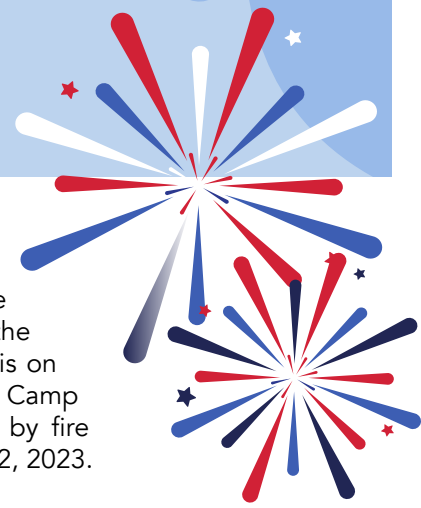


HAPPY ANNIVERSARY
FBCT
Celebrating 203 years on
July 14

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This newsletter is prepared and emailed monthly by and for 55+ adults of First Baptist Church Trussville, Alabama. Suggested information to be included in an upcoming SAM newsletter may be emailed to sam.news@fbctrussville.org. Printed copies will be available at the church Welcome Center and Events Center.

FIRE WORKS!



It is hotter than a firecracker on the 4th of July here in Trussville! As I write to you today, I've just returned from serving for a few days alongside our Men on Mission in South Carolina. Given the circumstances for the rebuild of the church, fire is on my mind. For those of you who do not know, the Camp Creek Baptist Church in Taylors was destroyed by fire when the steeple was struck by lightning on July 2, 2023.

There are many different kinds of fire. Our lives would be greatly altered without fire. Many of the comforts of life that we enjoy are the result of fire. Much of what we use, see, touch, or taste has been put to the fire.

But, have you ever been in a fire ... a sure enough physical, hot burning fire? Oh, the experience, both physically and mentally, of destruction, loss, fear, grief, pain, even the dreaded "what if's."

God uses fire throughout scripture to reveal Himself to us, to show us exactly how He uses fire in our lives, and how He will use fire when the Day of the Lord comes.

Moses saw the portrayal of God through the burning bush. Elijah rode on God's fiery chariot. King Nebuchadnezzar saw that man's fire has no power over God. Abraham saw God's fire consume his sacrifices. Sodom & Gomorrah saw the wrath of God through fire. The rich man saw the price that had to be paid with fire.

...For our God is a consuming fire. Hebrews 12:29

...From Heaven He made you hear His voice to discipline you. On earth He showed you his great fire, and you heard His words from out of the fire. Deuteronomy 4:36

...That the trial of your faith, being much more precious than of gold that perishes, though it be tried with fire, might be found unto praise and honor and glory at the appearing of Jesus Christ. 1 Peter 1:7

...And whosoever was not found written in the book of life was cast into the lake of fire. Revelation 20:15

Yes, fire is a purifier. We must understand that God is the only channel through which one can be purified. Confessing our sins to the Lord is the only tool we have to gain the Refiner's fire. And, yes, fire will be used for judgment. Judgment on those who refuse to recognize and accept God's son in their lives. **You don't want to experience this type of fire.**

Whether you're watching the magnificent fireworks on the 4th of July, or walking through a devastating fire of despair, consider God's presence (or the absence thereof) in your life. Be encouraged. Remember the story of Shadrach, Meshach & Abednego in the fiery furnace. Daniel Chapter 3. They stood on their faith. Do you remember who was in the fire with them? The one whose name is Immanuel ... God with us.

I encourage you to read the entire 43rd chapter of Isaiah. "...thus saith the Lord that created thee ... and formed thee, Fear not: ... For I am the Lord thy God, the Holy One of Israel, thy Saviour."

Bob

• HOW TO BE •

SAM with KEN LASS **SATIONAL!**

This is the month during which we celebrate the 4th of July, the anniversary of the adoption of the Declaration of Independence. As I pondered what to write for this month, I came to the realization that I have not actually read the Declaration of Independence since my school days. I decided to go through it again.

I found there are at least three direct references to God in this document, which was written in 1776. The first one occurs in the very first sentence:

"When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them."

In these words, the founding fathers acknowledge that there is indeed a God, that He rules over nature and its laws, and that He desires for His people to be free to worship Him. The second reference to God comes in the second sentence:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Note that the word "Creator" is capitalized. That makes it a proper name, which demonstrates that it is surely a reference to God. The document authors state again that the basis of establishing this new nation is God and his absolute authority to grant life and the conditions that come with it. The third allusion to the Almighty comes in the final paragraph, after a long list of the acts of tyranny put upon the colonists by the British monarchy:

"We, therefore, the Representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States."

The founding fathers clearly state that they have "appealed" (no doubt meaning "prayed") to the "Supreme Judge of the world". Again, note the capitalization of "Supreme Judge." They have asked God to guide them in their intentions, and they are convicted He has led them to declare this nation free of foreign control.

Upon reading this document, I don't see how anyone can misinterpret or distort the clear intention of our forefathers to establish that we are to acknowledge God as our leader, guide and dominant influence. Yet today Christians face a desperate fight to keep others from removing God from our schools, playing fields, government property, courtrooms, and general culture.

We can and must continue the fight to be "one nation under God". Our instructions were written for us long ago.



LOOK WHAT'S HAPPENING

Are you praying for a family member, a friend, a co-worker, or a neighbor? We invite you to come and pray with others. Oh, the power of prayer. For where two or three are gathered together in my name, there am I in the midst of them. Matt. 18:20

FIRST MONDAY EVENT!

Dr. Jay Wolfe • July 1 • 11:00AM • in the Chapel

FIRST MONDAY PRAYER

July 1 • 10:00 AM • Room D139

Email prayer requests to
Sam.prayer@fbctrussville.org



FIRST THURSDAY

PRAYING for their ONE

July 4 • Room D139

Men @ 6:30 AM • Ladies @ 12:00 noon

Share the first name of your "ONE" and any information you wish by email: pray41@fbctrussville.org



JOYFUL HEARTS REHEARSALS

Every 1st & 3rd Thursdays • 10:30AM
Fellowship Hall

If you're 55 and up, you are invited!

SAM VOCAL BAND REHEARSALS

(Men's Southern Gospel Group)

Wednesdays • 4:30PM • Room D139



SAM LADIES ENSEMBLE REHEARSALS

Thursdays • 9:00AM • D139



BIG OAK RANCH BIRTHDAY PICNIC

Sunday, July 14 • 3:00 – 6:00PM • Big Oak Ranch

Celebrating birthdays with the girls at the Ranch
Burgers, Hotdogs, Ice Cream, Watermelon & Music

Frank Jones Ministries OASIS 2024

FBCT • July 18 • 1:00PM • Worship Center

Frank Jones on the piano

Special guests:

Karen Peck &

New River and the

Guntersville Pickers



MEN ON MISSION FELLOWSHIP DINNER

Tuesday, July 23 • 6PM
Fellowship Hall

The entire church family is invited to join the Men On Mission at a covered dish fellowship dinner highlighting the 2024 Mission Trip.



SAM SERVE DAY

July 24 • 8AM-1PM

Magnolia Elementary School

Jobs include:

Pressure washing (8-10) people needed

Putting out pine straw (4-6) people needed

Volunteers need to bring their water hoses and pressure washers.

Please contact the SAM office at 205-228-1006 or email darrington@fbctrussville.org or Jack Sittre at poppycorvette@yahoo.com

SAM MONTHLY LUNCHEON GAME DAY!

Thursday, July 25 • 9:30AM-2:00PM • \$7

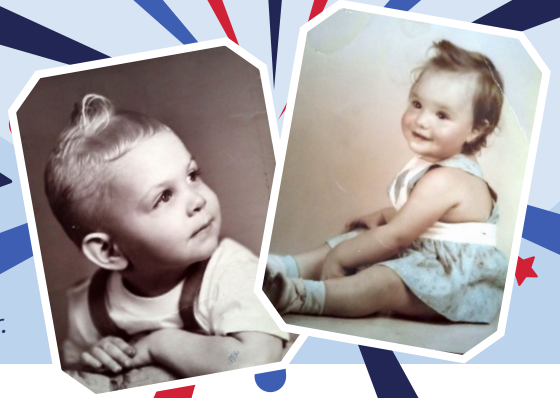
Join us for FUN & GAMES!



WHEN I WAS A KID

She was born in Alabama; he was born in Rockford, Illinois.
Mr. & Mrs. Who?
Wonder if they'll share how they found each other?

Find out on the last page of the email or website version of this Newsletter.



LOOKING AHEAD

Atlanta Braves Game

August 2 • Tickets Available • Online only

Beautiful: The Carole King Musical

Red Mountain Theatre

August 10 • Tickets almost gone • Online only

Find all the details you'll need on the church website.

www.fbctrussville.org/events



WE NEED TO KNOW THIS

Have you moved since the last election in which you voted?
Do you know where your current polling place is?

NOW is the time to update your residence information and/or confirm the location of your voting place @ your County Board of Registrars website.

Voting in the upcoming election is both a privilege and a responsibility of every American citizen.

PRAYER FOCUS

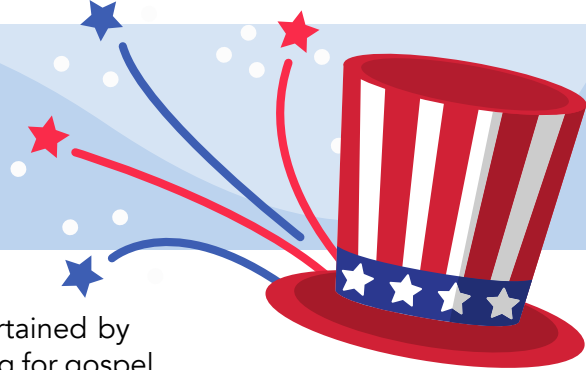
**Continue to pray for church family ON MISSION this summer.
PRAY for those who hear the Word; may it fall on fertile ground!**

See a complete line up of all mission activities online at fbctrussville.org/missions.



LAND THAT WE LOVE

By Suellen Edmondson



On Thursday, May 23, approximately 175 of our SAMers were entertained by the Homeland trio. Outdoors under the portico was the perfect setting for gospel, patriotic, and a few oldies to ring out from the trio.

Not only did the music inspire us, but the American and Christian flags were flying proudly in the forefront of a beautiful blue sky. Proud to be an American and How Great Thou Art brought us to our feet.

**Thank you, veterans, for your service.
We celebrate you especially during Memorial Day.**

Our day wouldn't have been complete without the burgers and dogs for lunch, and thank you, MR. COOL! (Clay Campbell) for treating us with the best smoothies around!



EDIBLE EDUCATION SPEAKER GIVES ADVICE FOR AVOIDING DEMENTIA

By June Mathews

"Drink your milk," they said, "so you can grow up strong."

"Get some sunshine," they told us. "It'll help you feel better."

Turns out, "they" were right. Milk and sunshine both serve as important sources of Vitamin D, an essential for building strong bones and teeth. It also boosts the immune system.

But according to Charlie Goff, R.N., and executive director of Legacy Ridge at Trussville, Vitamin D is important for brain health, too. On June 13, Goff spoke at SAM's monthly Edible Education on preventing dementia, a subject of great concern to older adults and their families.

But not only is Vitamin D important, Goff said. Nutrition overall is a huge factor in maintaining brain health. He recommended eating anything fresh, especially greens, and avoiding processed foods with high amounts of sugar, salt, and fats. Refined sugar, artificial sugars, and certain food colorings can also be harmful.

Drinking plenty of water, said Goff, helps flush the toxins out of one's system. To give that Vitamin D factor a boost, he recommended eating eggs and fish, particularly salmon. Other dietary suggestions included olives and olive oil, avocado, mint, parsley, watermelon, and cucumber.

In addition to nutrition, Goff said that good sleep and exercise are critical to keeping the brain healthy. Exercising the brain with activities like working puzzles or reading is also recommended.

For more information about Legacy Ridge at Trussville, visit <https://atlasseniorliving.com/legacy-ridge-trussville/>.



COMING ON AUGUST 18 ...

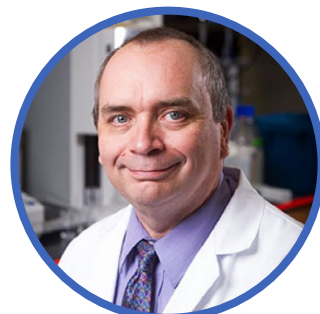
Are you interested in learning more about the effects of Dementia?
Are you interested in learning about medical strides in Dementia research?
Have you experienced, or are you currently experiencing the effects of Dementia?
Do you have a family member or loved one living with the effects of Dementia?

THIS SESSION IS FOR YOU!

An informative session with:

Dr. David Geldmacher

Director, UAB Division of Memory Disorders and Behavioral Neurology



Dr. David Geldmacher

UAB
MEDICINE

Watch for more information on this session to be published soon.

DEDICATED WITH THANKS TO ALL OUR MEN AND WOMEN WHO HAVE OR ARE SERVING OUR COUNTRY!



Silent, Yet Strong

By Julie Rousseau

This is the story of a man who was very quiet, but also very strong. He loved his country, his family and especially his God. I knew him well. This man was my father.

He was driven, always with a purpose and very stoic. His early life was not easy. Being the oldest of four children (one of whom had already passed at the age of 2), he made a decision after his father suddenly passed away at the age of 52, to withdraw from school to get a job and help support his mother and younger siblings. He was only 17.

He followed through with his plan and began working in the grocery business, a career he followed his entire life, with the exception of his time in the army during WWII. He was a hard-working man, always looking out for the well-being of others. That started early and continued during his military service as he became a sergeant in the army serving in WWII in the China-Burma-India theater. He never talked much about that period in his life. But I found a glimpse of him and how terribly hard that time really was when I found a letter he had written to his mother during his time there. The war definitely left its mark on him ... he became very quiet and remained that way the rest of his life.

Letter dated in November 1944

Dear Mom,

Do you think you can stand to read a few more lines of my scribbling ?? If so, then here it comes, but it will only be a short note as I'm about to run out of something to say - I received your letter of the 2nd yesterday and was surely glad to hear from you again - I have been getting quite a few letters from you lately, so keep up the good work, honey, cause I surely do love to read letters from you ... there was only one letter for my crew yesterday and that was one for me from you. So I guess I rate pretty high, eh???

There is a little more about life around there...and then he ends with this...

Sugar, I'm afraid this is not much of a letter but at least you know I am thinking of you and that I love you so very dearly - Be sweet and write when you can as your letters mean everything to me.

Bye for awhile ____ Your Son, Bill

Fast forward a few years to the time he met the love of his life, my mother. They, like so many others, had their ups and downs, but remained faithful to each other for almost 59 years, when my mother passed. They had 3 children. I'm the youngest of the 3.

My dad always wore starched shirts with tight collars when he worked because he wanted to be respected by his co-workers and show respect to his bosses. He did this for years. One story I always loved to hear my mother tell was that he rushed home from work EVERY day after I was born to pick me up and walk with me to the corner of our street and back home many times. See picture.

Daddy made his profession of faith later in his life. I remember that day well. I was singing in the choir at the only church I had ever attended to that point, when I saw him and my brother walk down the aisle together with my mom by their side for support. It was one of the happiest days of my life.

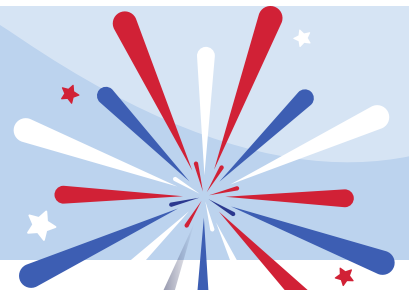
I could go on and on about my "daddy". He was not perfect, but he was our dad. He loved all of us and we knew it even though he rarely said it aloud. And he was proud of all of us. We knew he was.

This was the story of a man who was very quiet, but also very strong. He loved his country, his family and especially his God.

2024 MEN ON MISSION

40th Annual Construction Project

By Craig Copham



For over 40 years, the men of First Baptist Trussville have been assisting other churches with construction projects. These projects usually consist of new sanctuaries, education spaces, or fellowship halls. The men have visited 18 states and traveled over 48,000 miles.

This year, the men traveled to Taylors, South Carolina, to help Camp Creek Baptist Church rebuild their sanctuary, which was destroyed in a fire last summer. Over the course of a week, 125 men representing over 22 churches in five states met in South Carolina, where they erected the sanctuary walls, trusses, roofing, and most of the electrical and plumbing. The Wednesday night service was held in the beginnings of the new sanctuary with over 150 in attendance.

These men bring a variety of skills, or lack thereof, but all look to be used by God. Some of these men have been on every trip, while for others, this was their first, but God uses them all. It was exciting to see how God will work through these men to minister to the community, not just for this week but for years to come.

In all we do, we give God the glory.

“Unless the Lord builds the house, its builders labor in vain” (Psalm 127:1).



THERE'S MORE...

SEE MORE NEWS IN THE ELECTRONIC VERSIONS (EMAIL AND CHURCH WEBSITE) OF THIS NEWSLETTER. CHECK IT OUT AT www.fbctrussville.org, ON THE SAM MINISTRY PAGE.

Not receiving our SAM newsletters? How do you prefer to receive our newsletters each month? By email and/or paper copy mailed to you? If you haven't already or you need to update your preference, please contact Debbie Arrington in the SAM Office at 205-228-1006 or email at debbie@fbctrussville.org. Everyone for whom we have an up-to-date email address will receive the newsletters by email; however, if you prefer to have a paper copy mailed to you each month, let Debbie know. We will be happy to mail one to you!

FOURTH OF JULY INDEPENDENCE DAY

By Jim Hickman.

Thankfully it's here again! This year marks the 234th anniversary of the signing of the Declaration Of Independence. This is strictly an American holiday. That signing was responsible for giving us freedom and all the things which go with it, especially the freedom to worship as we each please. As a symbol of those freedoms we have the United States flag.

The flag is our connection with history. The oldest surviving democracy in the world, this is the celebration of a self-governing country. John Adams wrote his wife about celebrating and Thomas Jefferson was excited about it in 1776. It so happens both men died on July 4th, 1826, the 50th birthday of our nation. Our nation's first unofficial flag was raised at General Washington's headquarters just outside of Boston in 1777. It had 13 white stripes. Our flag is now officially displayed 28 days of the year. We must remember it is a symbol of freedom and democracy around the world! It is not to be worshipped, but to be respected and honored. It is to be well cared for and handled with the etiquette designed for such a precious symbol.

Here in Alabama we have a special celebration to reflect on the cherished privilege of freedom on 14 December, which in 1819 was the date Alabama became a state.

PLEDGE TO UNITED STATES FLAG

I pledge allegiance
to the flag
of the United States of America,
and to the Republic
for which it stands,
one nation under God,
indivisible, with liberty
and justice for all.

PLEDGE TO THE CHRISTIAN FLAG

I pledge allegiance to the
Christian flag and to the
Savior for whose Kingdom
it stands: One Brotherhood,
uniting all mankind
in service and in love.



WHEN I WAS A KID ...

Janet & Gary VanStone



Janet:

How long have you been attending FBCT?

About 15 years

When you were a child, what did you want to be when you grew up?

A high school teacher

What did you actually become when you grew up?

A high school teacher (history and political science) for about 7 years; then a Human Resource Development manager at two different corporate health care systems for over 20 years; later I served as a Ministry Assistant (Missions & Pastoral Care) at FBCT for over 10 years.

Tell us about your family:

I have a stepdaughter and a stepson. My parents and three of my brothers are deceased. I have another brother and sister who both live nearby. Bunches of nieces and nephews.

What is your favorite television show?

Rawhide and Tales of Wells Fargo

What is your favorite food?

Spaghetti made by my husband, who is a super great cook!

Other than the Bible, do you have a favorite book?

Almost any of David Baldacci's novels

Who or what has impacted your faith journey?

I was brought up attending church but did not become a Christian until my mid-20s. I was teaching in a private Christian school at the time. God used the lives of those with whom I worked to show me I was just "religious" and not saved! I trusted Christ and began my journey of growth at age 24. With my marriage to my husband in 1986 came a new dimension of growth in faith as we embarked on God's calling on our lives to minister to those incarcerated in jails and prisons. Many others have impacted my Christian growth and development including a dear friend I taught school with and co-ministered with over these past 55+ years. Other individuals who have influenced my Christian growth include: Pastor David Jeremiah, Chuck Swindall as well as my current pastor and Bible teachers at FBCT.

What is your favorite Bible verse:

1 John 5:4-5 "For whoever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God."

What ministries (at FBCT and elsewhere) are you involved in?

Higher Ground Jail & Prison Ministries, Christian Motorcyclists Association, SAM activities, Sunday School class (aka Small Group) led by Charlie Philpot, JOY Ministry at the church my sister attends in Springville.

In 25 words or less, tell us what you are passionate about.

On the spiritual side, I'm passionate about teaching God's Word. As an American citizen, I am passionate about our country and freedoms we have and our veterans, men and women who have served our country to help us keep those freedoms!

Is there anything else you want people to know about you?

I am a collector of bears and bear "stuff." I'm an incurable "information junkie"—much to my husband's dismay sometimes! I enjoy the outdoors and would rather be outside than inside!

WHEN I WAS A KID ...

Janet & Gary VanStone



Gary:

How long have you been attending FBCT?

About 15 years

In what state were you born?

Rockford, Illinois

When you were a child, what did you want to be when you grew up?

An architect

What did you actually become when you grew up?

An Engineer. Later a full-time evangelist.

Tell us about your family:

I have a daughter, Tasha, and a son-in-law who live in Florida, and a son, Justin, and daughter-in-law who live in Colorado. My parents and one of my sisters are deceased. I have a brother in Dexter, Missouri, and a sister who still lives in Illinois.

What is your favorite television show?

The Andy Griffith Show

What is your favorite food?

A good steak---usually one that I grilled!

Other than the Bible, do you have a favorite book?

Yes, Gods and Generals, by Jeff Sahara

Who or what has impacted your faith journey?

Dr. Charles Stanley through his TV services and writings. We still distribute In Touch devotional booklets at Shelby County Jail. Dr. Billy Graham also influenced me, especially in my early Christian days. Additionally, the pastor of the local church I attended for over 23 years, Bro. Raymond Culpepper and my current church pastor, Bro. Buddy Champion, and my Small Group Leader (aka SS), Charlie Philpot have had and continue to have a great influence on my Christian walk.

What is your favorite Bible verse:

Isaiah 40:31 "But those who wait on the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

What ministries (at FBCT and elsewhere) are you involved in?

Higher Ground Jail & Prison Ministries, Christian Motorcyclists Association, SAM activities, and I fill in as a Sunday School teacher for Charlie when needed. I currently minister on a regular basis at Shelby County Jail, Coosa Valley Youth Detention facility in Anniston, and Jimmie Hale Mission.

In 25 words or less, tell us what you are passionate about.

Teaching and preaching the Word of God, particularly in the jails and prisons. Riding my motorcycle, cooking, and traveling with my wife.

Is there anything else you want people to know about you?

I served in the U.S. Army during the Vietnam War and was wounded in action in 1968. I met and married my wife in 1986, shortly after God called me to minister in jails and prisons. About a year later, my wife joined with me to minister together as a husband-and-wife team. Now, 38 years later, we still minister in jails, prisons, and juvenile correctional facilities. Our experiences together over these years has reaffirmed that God is in control—not us!