



JUNE 2024

Precious Memories

Precious memories, unseen angels
Sent from somewhere to my soul
How they linger, ever near me
And the sacred past unfolds.

Precious father, loving mother
Fly across the lonely years
And old home scenes of my childhood
In fond memory appears.

Precious memories, how they linger
How they ever flood my soul
Then, in the stillness of the midnight
Precious sacred scenes unfold.

Hymn written by John B.F. Wright in 1925

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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.

MEMORIES PRESSED BETWEEN THE PAGES OF MY MIND...

Our minds are wacky, wild, and wonderful. Can you imagine there being a time when man will perform brain transplants? Possibly, with AI technology making its way on the scene. REALLY? Can there ever be a replacement for the mind God created? Fascinating thought isn't it?

Our minds are all this, and more:

Fascinating: No two are alike, just as the grains of sand, stars in the sky, or snowflakes in winter. We can put 200 people in the gym for a monthly SAM luncheon and every single one will remember the event differently.

Mysterious, especially in the brain of a teenager! Some minds can remember perfectly things in the past, but current information is an ordeal (like, where did I put my keys this time).

Fickle, puzzling, baffling, curious: Some just can't seem to make up their minds.

Controlling: in negative or positive ways. Thinking of Romans 7:19-25 (I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. Argh.)

Challenging: Our mind has a mind of its own. Some pick up one day and just leave without warning!

Intriguing and remarkable: We imagine things, we dream; we create; we learn; and strangely enough, we have the option to turn off/on our thought processes.

I dare say, the mind might be the most precious organ God created, though there is a huge connection between the mind and the heart. There are over 1,200+ references in scripture to the heart and to the mind and its functions ... the abilities to think, to make our own choices, and to store memories among them.

Think on these things ... whatever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise ... and the God of peace shall be with you. Philippians 4: 8-9

Choose you this day whom ye will serve. Joshua 24:15

Remember my Words ... keep (write) them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:20-23

Some of our brains have plenty of memory space; some not so much. Some things we choose to remember; some we choose to forget. Memory is a lot about what we experience in our lives. We all know that it does not hurt to hash over in our minds the bad memories from time to time ... helps us to keep perspective, but we do love our sweet memories. The best memories, the lasting ones, are the ones not only filling space in our minds, but those we hold in our hearts.

As we approach Father's Day, I remember my own Dad who has been gone for about 4 months now. We've been cleaning out a storage locker he held on to for years, and the mere fact alone that he kept paying for that locker for so many years has baffled me.

Turns out now as I go through the locker full of "junk" that that old "junk" brings back sweet memories of Dad that I cherish. When I asked him one day why he kept holding on to this stuff and paying for expensive storage space, his reply was "it's mine and I'm keeping it. I might need some of this someday." Respectfully, I replied "Yes, Sir." (He taught me well.)

LET'S GET THIS SUMMER STARTED.

Stay cool,

• HOW TO BE •

SAM with KEN LASS **SATIONAL!**

Summer has finally arrived, and another semester of dance classes has come to a climax for my granddaughter. That can mean only one thing. God help me, it's another dance recital program.

In recent years I have been able to dodge these marathon events by offering to babysit the other kids while Sharon and my daughter attend. But my son-in-law catches on fast. This year he made sure he did the babysitting. My efforts to convince him he needed help were to no avail. Even begging didn't work. So, it was off to the Wright Center on the Samford campus with Sharon and my daughter, and our little eight-year-old dancer.

Don't misunderstand. The girls and the instructors work very hard on their performances, and they do a great job. I love to watch my granddaughter dance. I'm just not terribly interested in watching hundreds of other people's kids dance.....for hours.

The sheer magnitude of this event boggles the mind. Upon arrival, there wasn't a parking space in sight. I'm not sure, but I think the time zone may have changed when we finally found a place for the car. For a Saturday show, you'd better get there about Wednesday if you want a seat that doesn't require binoculars to see the stage.

When the lights went down and the performances began, I leaned over and asked my daughter how many numbers were on the program. She told me there were 65. I then asked what number our girl was. She smiled as she said "61". Yep, we were looking at the full three hours of entertainment. Might as well relax and enjoy. I waited through an endless procession of Celine Dion and techno-rock numbers, politely applauding each one. You get kind of tired of applauding after a while.

At one point I finally asked my daughter what number the show was on now. She said "That last one was 22 B. The next one is 22 C."

What? You mean there are "B's" and "C's"? Sweet Lord, I should have brought my toothbrush.

About a week later, or so it seemed, we finally got to number 61. Fire up the smart phone cameras. Here we go. My precious granddaughter, wearing her flowing white dress, hair pinned up, ballet shoes firmly attached, pranced out on to the stage with her group. I watched her go through her routine like a pro, and suddenly, I found myself getting a little misty and sentimental. I couldn't help but reflect on how amazing it was that I sat somewhere just like this thirty years ago and watched another little girl dance. That girl was the one sitting next to me.

How could so much time have passed? I felt overcome with awe at how blessed I was to have raised a healthy, smart, God-fearing daughter, who married a great guy, and now has blessed me with beautiful grandchildren. It's kind of like I get to watch my kids grow up again, but without having to change poopie diapers.

It's important that we recognize our many blessings as we go through this stage of our lives. As I was driving everybody home after the event, my granddaughter, holding her bouquet of flowers in the back seat, surprised us by blurting out "I'm not taking dance next year. This was my last recital!"

Thank you, Lord. Your blessings just keep coming.

LOOK WHAT'S HAPPENING



POSTPONED

SATURDAY, JUNE 13
First Baptist Trussville Parking Lot
Open to Public—8:00am
FREE Admission • No Registration Fees

A special thank you to John Patterson, John Kerns and many, many other volunteers who have been planning and working for months on our Fifth Annual Cruise-In. Watch for information regarding future plans! BOB

FIRST MONDAY PRAYER
June 3 • 10:00 AM • Room D139
Email prayer requests to
Sam.prayer@fbctrussville.org



FIRST THURSDAY
PRAYING for their ONE
June 6 • 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 2nd & 3rd Thursday • 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



SAM SUMMER MISSION OPPORTUNITY

June 3-6 • Depart 9:00AM • FBC Union Springs
Our volunteers will lead an evening VBS.

PRAY AT FBCT VBS

June 5 • Worship Center Balcony • 9:00AM
All SAMers are invited to come together in the Worship Center balcony to PRAY during the VBS morning service as the Gospel is presented.

EDIBLE EDUCATION

Thursday, June 13 • 11:30AM • FH • \$6
Guest speaker: Charlie Golf, RN
He will be joining us to discuss Dementia.
Please register [HERE](#)

HAPPY FATHER'S DAY!

Sunday, June 16



SERVE OUR SCHOOLS WORK DAY

June 24 • 8:00AM–Noon
Hewitt-Trussville Middle School
Cleaning and working with Chrome Books.
Contact SAM office 205-228-1006 if you can help!



jeff cleghorn

SAM MONTHLY LUNCHEON

Thursday, June 27 • 10:30AM • \$7
Special Guest: Jeff Cleghorn, full-time music evangelist
A Georgia native and friend, no stranger to FBCT SAMers, Jeff returns to dazzle us with his fun personality and talent at the piano.
Call SAM office for reservations.

MARK TRAMMELL QUARTET

A SAM Fifth Sunday Concert Sunday,
June 30 • 4:00PM • Worship Center • \$10
An award-winning Southern gospel group like no other. Tickets available at the Event Center and Online.

WHEN I WAS A KID

WHO IS THIS LITTLE ONE LOOKING LIKE A HAND FULL?

She was born in Alabama.

You can find out who this SAMer is on the last page of the email or website version of this Newsletter.



LOOKING AHEAD TO JULY

First Monday Event

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

Frank Jones Ministries OASIS 2024

FBCT • July 18 • 1:00PM • Worship Center
Special guests: Karen Peck & New River
Frank Jones on the piano



A forever stamp has the monetary value of a first-class stamp on the day it is used.

WE NEED TO KNOW THIS

USPS increasing price of postage stamps again in July. A First-Class Forever stamp will increase from 68 cents to 73 cents, so stock up now! As the name states, if you've still got Forever stamps you purchased at the old prices, they are still good to use, just as if they were the new 73 cent stamp.

REMEMBER WHEN

Birmingham WSGN 610 radio personality Happy Hal Burns, a/k/a Birmingham's favorite cowboy entertainer, used to drive through downtown Birmingham in his 19 foot long gold 1961 Pontiac Bonneville convertible custom cowboy car (has 16 silver plated pistols and rifles ...some acting as door handles and was referred to as his "Silver Dollar Car" because it has 1,000+ silver dollars encrusted in the car's interior!)



WAR EAGLE!

On Monday, April 29, approximately 108 SAMers set out at 8:00AM on two charter buses to parts unknown. Where did we go, you ask? To Auburn, Alabama and a tour of Auburn University. Couldn't have been a better day.

The skies were clear, the air fresh, and there was no TP at Toomers Corner. Our thanks to Toomers Corner Pharmacy and Mrs. Betty Haisten for THE BEST fresh squeezed lemonade anywhere.

The day got off to a lucrative start for Janet Barnes, who won a \$50 gift card prize! There were two prizes ... Bob, who won the other one????

Our thanks to Auburn University President Dr. Christopher B. Roberts for stopping by to address our group. Judy Bacon was so excited to have her picture made with him as her grandson, Tyler, is a Bacon family fourth generation Auburn student who just finished his second year there.

The campus is quite impressive, despite construction at every turn. A new College of Education is slated for completion in 2025. NIKE was putting on finishing touches at the new football facility ... installing their signage which is replacing the previous Under Armour sporting goods sponsorship. What an impressive complex of practice fields, training, weight and exercise facilities, and an awesome locker room for the players.

On February 16, 2024, legendary Auburn first baseman and MLB Hall of Famer Frank Thomas cut the ribbon for the opening of Plainsman Park's new Hall of Fame Club. We were so fortunate to spend some time walking inside both the Club and the stadium.

Nothing could surpass, however, our guided tour of the state-of-the-art Rane Culinary Sciences Center, part of Auburn's College of Human Sciences. The Rane Center boasted a Starbucks-like coffee bar, where students grind, brew and sell to students and patrons; cooking kitchens; a small brewery; and edible gardens grown on the rooftop. The most intriguing in the garden was the curly kale; we were all asking what it was! The vegetables and fruits grown on the roof are used by students to cook and sell their dishes at the rooftop restaurant. The two-floor, 5-star hotel inside the building is another of the Center's wonders where students learn hands on, in real time, to work in the hospitality industry ... AMAZING!

Auburn has long been recognized for its agriculture and mechanical engineering schools, but now Business leads

in education, with Engineering running second. We also learned on our bus tour of the campus two fun facts. War Eagle Road, designed by engineering students, has hundreds of tiny holes placed in such a way that when you drive it at 35 MPH, you hear the Auburn fight song playing! We also heard the story about why at Auburn there are no sorority houses, only sorority halls; there are, however, fraternity houses. It's been that way all these years. Beliefs can be handed down through the ages!

As our day ended, admittedly even us Alabama fans enjoyed the wonderful day! Do we see a trip to Tuscaloosa in our SAM future?!

Many thanks to Zeke and Darlene Smith for making our Auburn experience a truly delightful one.



A TIME TO SHINE

By Lynne Long

We all have many skills, views, and sometimes quirks we learned from our fathers. If you were a daddy's girl like me, they were numerous, mostly helpful, sometimes silly, but always gifts given with affection and patience. There was one weekly chore my dad felt strongly about passing on to his offspring (probably a throwback to his Marine background) ... the fine art of shining shoes. The process unfortunately is now considered a dying art, but the time and patience he spent in his instruction is fondly remembered.

Saturday nights were set aside with a focus on footwear, so the shoes would be spotless for church (and all other social events scheduled for the week). "After all," our dad would say, "If you're going to go toe to toe with the devil, your shoes need to look their best." The whole family's participation was mandatory, even though the oxfords belonging to him, and my brother were the main event.

Father, being the seasoned veteran oversaw the proceedings. His work was meticulous, and his passion evident. We were his eager apprentices, my brother, Bill and I; always anxious to please, and competing for his compliments. Bill maintained an air of superiority since he had made the curious wooden caddy that housed all of our polishing paraphernalia while in Boy Scouts.

The caddy fascinated me. It stood about 18 inches tall and 12 inches wide. Designed especially for the job, it had an open rectangular shaped base to hold the tools of the trade and a slanted handle with a 3-D shoe shape on top used for stabilization as you shined. There were specially sized compartments on the side for the cans of polish. These containers, each with a bird called a kiwi on top, had strange and unfamiliar names indicating the color. I studied each one ... cordovan, mahogany, and oxblood. Nails on the box's side provided a place to hang the brushes. My favorite was a large hourglass shaped horsehair with bristles stained charcoal on the ends from the motion of countless strokes. The kit also held interesting gadgets my father identified as shoehorns and shoetrees or stretchers. A bottle of edge dressing, a black liquid used to freshen the sides of soles, stood on the bottom.



After a thorough cleaning, the ritual began. We started with the biggest shoes in the house ... my dad's wingtips. Choosing an old dishcloth (a donation from my mom), we smeared on the slippery polish. My father carefully led our hands in a circular motion to demonstrate proper procedure. After covering the shoes with polish, we employed the brush, working in short steady swipes, making a pleasant rhythmic sound. We marveled at how the polish changed from a thick matte to a radiant, rich glow. The sweet smells of earthy leather and clean, waxy polish filled the room.

Applying the edge dressing was the last step ...a skill reserved for the master. Using the small spongy applicator at the end of a wire attached to the top of the bottle, we carefully painted the sides of the soles. Bill and I considered it a rite of passage, for the technique required serious concentration and a steady hand. A slip of the dauber could ruin everything, and invite disapproving glances from my father.

Although, a girl of my raising would never be encouraged to expectorate, my dad also taught us the "spit shine." Reserved for desperate circumstances, the method was effective, if not socially acceptable.

Handsome shoes were not the only benefit of my dad's tender training. We learned to take pride in our work, and to savor the joy of simple beauty, and time spent together. We also came to understand the importance of taking care of what is yours and treasuring the task. When Saturdays roll around, I sometimes miss our dates with a lackluster loafer, but the memories shine through remaining a father's legacy of love.

A "LITTLE HOUSE" WITH A LOT OF SOUTHERN CHARM

By Judy Bryant



In 2018, when Myra Dawkins moved to Trussville from Albany, Georgia where she had lived since 1969, she had no idea what a wonderful "Little House" (lovingly named by her grandson) she would soon be calling home. A home in the Cahaba Project. The Project area is rooted in Trussville history and "one of a kind" across the nation today. Most of the 80+ year old homes are still intact. Myra believes in the importance of protecting the Cahaba Project's historical homes and that's why she accepted the Cahaba Homestead Foundation's invitation to include her Little House in the 2024 Historic Home Tour, held on Sunday, April 21, as part of Trussville's annual Heritage Days.



Architects and contractors got to work on the plans, and renovation began at the Little House about 10 months before Myra and her two English bulldogs, Reba and Tallulah, moved in. Myra was adamant about saving and reusing all that could be saved of the original house while adding and reappointing some spaces. She added about 900 square feet, including a beautiful staircase leading up to a renovated attic space. Very tastefully done, visitors will likely not be able to discern exactly where the old ends and the new begins. Her favorite space: the front porch, where she can linger with her pups, enjoy her beautiful yard and greet neighbors who pass by.

Myra recalled the old saying, "It takes hands to build a house, but only love can build a home." As we were touring her home on that beautiful Sunday afternoon, Myra gratefully and lovingly spoke about her treasures. She told us that every time she walked through the house,

it was like looking at love. She introduced each piece of furniture and well edited collections as her memories. She said she often walks by them and stops to recall and even say "hi," sometimes out loud to herself, remembering those special people in her life.



One such memory, hanging on the wall in her Master Bedroom, is a shadow box made by her aunt containing items that belonged to Myra's grandparents. Grandmother's lace gloves and a string of pearls and grandfather's railroad id card and watch. Then there's the old dough bowl where she and her grandmother used to spend time together making tea cakes, and the chair granddaddy always sat in in the living room. She remembers when her daddy was in the Navy on a cruise ship to Japan, he brought back some little things to the family. Myra said "they may not be stylish, but he brought them to us!" They bring her such comfort. There are memories in every room.

Myra is now closer to family here in Trussville and making new memories. She is also right at home at FBCT. She was encouraged to visit "the big Baptist church." Admittedly, she said the size was a bit intimidating, but she visited a small group class with a friend, and the rest is history. FBCT is now her church family.



Read about Trussville's history and the Trussville Historic Cahaba Project or the Cahaba Homestead Heritage Foundation, at CahabaHeritage.org on the Web

ON BEING MARTHA

By Richard Bailey

Martha was a significant figure within the gospel and the early days of Christianity. She has been described as pragmatic, and that service to others was a priority and may have been her gift. She was also human, and the story about her and Mary in the Book of Luke displays Martha's humanity for all to understand. How ironic and appropriate is that the gift that served her and others so well turned against her. She is caught up in the moment, and what a moment it must have been! Not every day, you have the Son of Man with most of his entourage over for lunch. Keeping with her character, she focuses on tasks but is soon overwhelmed. Does this sound familiar to you? I know that I can relate!

Her anxiety increases with each minute, and she instinctively reacts to the situation with the "Five Ds": Disbelief, Defensiveness, Dismissiveness, Demands, and Desperation. It is a construct and an emotional progression where the individual experiences increasing frustration to the point that they are out of touch with the situation. My psychology expertise is questionable, having slept through only one class on the subject while in college. However, I will go out on a limb here in saying that Martha was probably stuck in her own loop on why no one was helping her or, for that matter, not even recognizing her efforts. At this point, Jesus recognized her angst but gently reminded her that it was her, not Mary, who had the wrong priorities!

The more I read the passage, the more I loved it and Martha. Why? It is a great demonstration of our own frailty, as seen by a steadfast figure within the New Testament. Just like Martha we all have had things go south on us when we have had the best of intentions. Like Martha, we have had times where we just lost it and have vented our frustrations on the nearest person, and like Martha, God provides someone to give us a course correction. In Martha's case, that person was Jesus, which must have been a cringeworthy moment. Honestly, and at the risk of shortchanging Mary (high five to her), it is Martha that I relate to, and I would love to sit down and chat about that day over a cup of coffee.

What a great story to recall when we are in the midst of the storm. It reminds us to stop, be still, and listen to God's admonition!

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!

BEING GOOD TO YOUR BRAIN

By June Mathews



The story is told of a seasoned adult who went for a physical.

"As I recall," the doctor said as he greeted his patient, "you were complaining about some memory issues the last time you were here."

"Yeah, but I'm ok now," Mr. Seasoned Adult proudly reported. "I ordered some of those magical memory pills from a website advertised on TV. Never would have believed it, but they work great."

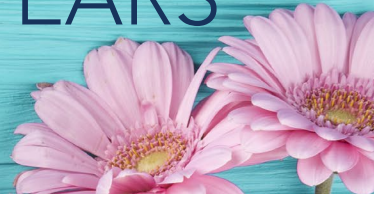
"Then maybe I'll try some myself," the doctor said. "What's the name of those pills?"

"Um... I don't remember."

As Mr. Seasoned Adult learned, there is no magical pill for improving your memory. But there are plenty of things you can do (or not do) to help keep it sharp. Here are six suggestions for maintaining brain health and getting more out of life in the process:

- 1) EXERCISE!** Ever hear someone say that the secret to life after 60 is to keep moving? It's true! Regular exercise is one of the best things you can do for your body. It can help you sleep better and keep conditions like high blood pressure, diabetes, and obesity under control. But it also boosts your brain. Experts say adding exercise to your daily routine can improve thinking and memory within six months.
- 2) SNOOZE OR LOSE?** Sleep deprivation has been linked to memory loss, so getting 7 to 9 hours of sleep each night should be a priority. Inadequate sleep makes it harder for your brain to absorb and recall new information, and it puts you at risk of developing hypertension, diabetes, and other chronic disorders.
- 3) EAT WELL.** Try following a Mediterranean diet. Meals are built around vegetables, fruits, herbs, nuts, beans, and whole grains with moderate amounts of dairy, poultry, eggs, and seafood. Consumption of red meat is minimal. Healthy as well as satisfying!
- 4) PUT YOUR BRAIN TO WORK.** Just as physical activity keeps your body in shape, activities that engage your mind help keep your brain in shape. Work crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby.
- 5) BE SOCIALLY INVOLVED.** Take a class (not online), join your local senior center, volunteer for community causes, or get involved with the Seasoned Adult activities at church. Cultivate new friends along the way. Social interaction helps ward off depression and stress, both of which can contribute to memory loss.
- 6) CUT THE CLUTTER.** Did you know that your surroundings often reflect your state of mind? A little organization goes a long way in cutting the clutter in your home and in your brain. Keep a calendar, make notes, and create to-do lists. Get rid of junk mail and other useless paper, and file others where they belong. Keep keys, wallets, and glasses in assigned spots where they are easily found. Your brain will be happier and so will you.

CONGRATULATIONS TO BRIDES & GROOMS CELEBRATING 60+ YEARS OF MARRIAGE THIS YEAR!



Sharon & Joe Cahoon
Celebrating 71 years!
Married June 3, 1953 in
Cheyenne, Wyoming
Joined FBCT in 2008



Bill & Beth Hawkins
Celebrating 74 years!
Married October 8, 1950 at
FBC Columbus, Mississippi
Joined FBCT in 1985



Barbara & Tommy Fields
Celebrating 66 years!
Married June 3, 1958 at
West End Methodist Church
in Birmingham
Joined FBCT in 2008



Pat & Bob Hicks
Celebrating 62 years!
Married September 22, 1962 at
4th Avenue Baptist Church
in Eastlake area of Birmingham
Joined FBCT in June 2001



Gayle & Gerald Glenn
Celebrating 60 years!
Married August 1, 1964 at
Muscle Shoals Bible Church
Muscle Shoals, Alabama
Joined FBCT in June of 1975



Gail & Ed McIntyre
Celebrating 66 years!
Married December 14, 1958
at Stradley Memorial Chapel
Birmingham
Joined FBCT in 1969

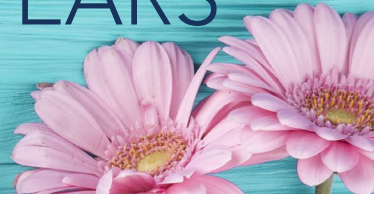


Wanda & Morris Hall
Celebrating 66 years!
Married on November
27, 1958 at sister's home in
Midfield, Alabama
Joined FBCT in 2017



Linda & George Peoples
Celebrating 66 years!
Married August 28, 1958 at
Macedonia Baptist Church
In Margaret, Alabama
Joined FBCT in 1967

CONGRATULATIONS TO BRIDES & GROOMS CELEBRATING 60+ YEARS OF MARRIAGE THIS YEAR!



Liz & Bill Roberts
Celebrating 67 years!
Married August 30, 1957
in Snead, Alabama
Joined FBCT in 1999



Pat & Alan Summers
Celebrating 62 years!
Married on August 25, 1962
in Cape Girardeau, Missouri
Joined FBCT in 1987.



Linda & Dan Sims
Celebrating 60 years!
Married on November 20, 1964
at Bluff Park Methodist Church
Joined FBCT in 1969

PRAYER FOCUS

From Alaska, to Kenya and Thailand, to Blaine, Kentucky, the Mississippi Delta, Greenville, South Carolina, and to Union Springs, Alabama, and beyond. 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.

IT'S A FAMILY AFFAIR

Grace McConnell just happened to catch the Grogan family ... Lynn and Bobby, their 3 children and 5 grandchildren worshipping together on April 29 in Sunday morning services. Lynn and Bobby had their family together celebrating the arrival of two new grandbabies and celebrating their own 40th anniversary. Grace commented that the beautiful smile on Lynn's face says it all regarding God's blessings.



HAPPY BIRTHDAY TO ALL YOU SUMMER BABIES!

Ann Moore, will be 96 in June

A FUN FACT

Of our over 900 SAMers, 72 celebrate 90 years and above young this year!



CAPTURING SWEET MEMORIES

The TRUTH is, that all of the "STUFF" here on earth we work SO hard to buy and accumulate does NOT mean a thing. At the end of the day ... people will be cleaning out our "STUFF," going through our "STUFF," figuring out what to do with all of our "STUFF" ... this "STUFF" we've accumulated in our life. The only thing of VALUE that remains are the MEMORIES and what we deposit into others. May we all learn to spend less time accumulating "STUFF" and spend way more time making MEMORIES. Here's to family and friends!

[Author Unknown]



SEASONED ADULT DAY AT FBCT

Sunday, May 5, was Seasoned Adult Day at First Baptist Trussville. The morning services should be described as powerful. From the awesome music of our Joyful Hearts choir, our new Hearts in Harmony ladies ensemble led by Kim Searcy, and the SAM Vocal Band to the preaching of Dr. Sammy Gilbreath, our hearts were filled. After heart problems, then suddenly an aneurysm and blood clot, doctors gave him 6 months to live. But by God's grace, he made it. The experience has and continues to teach Dr. Gilbreath how to "Live Like You Are Dying."



Following the service, Mrs. Georgia served about 450 of us in the gym the best vegetable soup and corn bread! We wished Happy Birthday to the two oldest active members of FBCT: Bill Hawkins (97 in April) and Maurine Livingston (97 in June).

We bid Charlotte and Cecil Medders farewell as they move to Fargo, North Dakota to be near family. They have been very active in our church and in the SAM Ministry for years, and they are dearly loved.



SAMers HONORED

The Clay public library has been renamed in honor of **Alan Summers**, a SAMer here at FBCT and a longtime Alabama attorney. The library will be the W. Alan Summers Municipal Library, renamed with appreciation for Alan's years of service. Congratulations Alan, and wife Pat! And Happy Birthday, Alan, on June 8!

The new Hewitt-Trussville softball stadium will be named Roberts Stadium in honor of our own **Bill Roberts**, former President of the Trussville City Schools Board of Education. After 10+ years in that position, Bill retired in May of 2016. Bill and his wife, Liz have been members of our church family for almost 25 years. Congratulations, Bill and Liz!

OUR JUNE MYSTERY

SAM-ER IS LAURA HENRY!

By Debra Roberts



How long have you been attending FBCT?

Visited first in Spring 2017. After our first visit, we never felt the need to visit anywhere else. We felt at home and at peace. Joined in the Spring of 2018.

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

A Veterinarian

What did you actually become when you grew up?

I earned my BS from Auburn University in 1969 in Business Administration. I worked for the Social Security Administration as a Claims Authorizer, at IRS as a Group Secretary, and at a Law Firm as a Legal Assistant.

Tell us about your family:

My sweet husband Jim and I married on September 2, 1970. He asked me to marry him on our third date and I said "yes!" He is my world! We were not able to have children, but we have, as of now, been blessed with 35 nieces, nephews, spouses, and "greats." We have been significantly involved in their lives and love each of them very much.

What is your favorite television show?

The Hallmark series "Signed, Sealed and Delivered" was a favorite but is now only in reruns. I also liked "Monk."

What is your favorite food?

Dried lima beans, coleslaw and cornbread.

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

As a child, The Velveteen Rabbit; as a teen, Nancy Drew mysteries; as an adult, Steinbeck's The Grapes of Wrath.

Who or what has impacted your faith journey?

My maternal grandmother, primarily. I learned about Jesus sitting at her knee as she played organ for Harkey's Chapel Methodist Church in Coal City, Alabama. This also instilled in me a love of the great old hymns of the faith. My great grandfather was a circuit rider in the Methodist Church. I accepted Jesus as my Lord and Savior when I was 8 years old, at Camp Sumatanga.

What is your favorite Bible verse:

1 Peter 5:7: Cast all your anxiety on Him, for He cares for you.

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

I am the secretary of our small group (Richard and Patti Hitchcock's DeNovo Group), and I help Suellen's team with filling pew pockets. We went to Center Point United Methodist Church for 25 years. There, I very much enjoyed working with children, training them to be acolytes.

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

Please do not judge me harshly because I realize these two things are not on the same level of importance, but I am passionately pro-life and anti-litter! And I get my dander up at injustice of any kind.

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

I was a life-long Methodist until I joined FBCT. Pastor Buddy asked me (just as he was about to immerse me for Baptism) just how long I had been a Methodist? I told him ONLY 71 years. That was in 2018. I still have a special place in my heart for the Methodist tradition and the teachings of John Wesley. But Jim and I are so grateful that God led us to FBCT for this season of time in our lives. We value beyond measure the friendships we have made, the opportunities to learn and worship with fellow Believers that we've been provided here, and the maturing of our faith.