



OCTOBER 2024

SMILE A WHILE

MY BODY FUNCTIONS AT ITS HIGHEST LEVEL WHEN I'M EATING FRESH, IN-SEASON PRODUCE.



HAPPY FALL Y'ALL... ONE BITE AT A TIME! Happy Halloween!

Seasoned Adult Minister: Bob Smith
SAM Assistant: Debbie Arrington
SAM News Editor: Judy Bryant
SAM News Assoc. Editor: June Mathews
Newsletter Design: Stephanie Entrup

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.



WILLING TO MAKE A TRADE?

Fall is in the air and Halloween is just around the corner. Do you remember trick or treating, carrying a big brown paper sack around nearby neighborhoods on Halloween?

If you didn't get just the right piece of candy, that bottom lip popped out as if you got nothing else in your bag. And, oh, heaven forbid that when you went to the door the person who answered the door called you out by name ... your real name. No way. You were supposed to be disguised and called Cinderella or Batman ... your true self not to be discovered!

Then, when you got home with your treats, you and your siblings would start trading off the treats in your bags in an attempt to get just the treats you liked.

Oh sweet memories, and after all these years we still pout when things don't go just as we want them to; we try to disguise ourselves and hide behind a mask so no one can identify our true self; and we find ways to trade off for what we want.

I have been reminded of the words of the Apostle Paul and King David in 2 Corinthians 4:8-10 and Psalm 30:5 in this song. What would you trade in at the foot of the cross today to receive the joy of the Lord?

Trading My Sorrows

I'm trading my sorrows
I'm trading my shame
I'm laying them down for the joy of the Lord.

I'm trading my sickness
I'm trading my pain
I'm laying them down for the joy of the Lord.

Yes Lord, yes Lord, yes yes Lord
Yes Lord, yes Lord, yes yes Lord
Yes Lord, yes Lord, yes yes Lord, Amen

I am pressed but not crushed,
persecuted but not abandoned.
Struck down but not destroyed.
I am blessed beyond the curse for
His promise will endure.
That His joy's gonna be my strength
Though the sorrow may last for the night
His joy comes with the morning.

Words and Music by Darrell Evans, 1997

My sincere thanks to our Joyful Hearts Choir, SAM Vocal Band, and the Hearts in Harmony Ladies Ensemble for their faithfulness and hard work to present the Gospel through music to churches in Tennessee and Mississippi a few weeks ago. Then, coming home to lead all of us in worship in the September 15 Sunday service. We thank John Davis, an invaluable member of our team, along with others who helped with the heavy lifting! And, we thank you, our church family, for your prayers and support, without which we could never accomplish so much! Our prayer is that hearts were touched by God's hand through the music and service of this wonderful group.

Bob



• HOW TO BE •

SAM with KEN LASS **SATIONAL!**

A few weeks ago Sharon and I were taking our monthly turn working our shift at the coffee bar at church. One lady requested a cup of hot water for tea. The hot water spout is located at the top of the coffee maker machine and, unless you are a reasonably tall person, which I am not, you must lift the plastic cup up above your head to fill it. This makes it difficult to judge how full the cup has become at any given point.

Of course, a smart person would simply bring the cup down to eye level several times to check the progress of the hot water. But smart has seldom been an adjective connected to my name in anybody's sentences. Naturally, I just kept the spout flowing, figuring I could just use my judgement to make an accurate guess as to when the cup was full.

To absolutely no one's surprise, particularly Sharon's, I figured wrong. The cup filled to the top much faster than I anticipated. The scorching water flowed over the rim and cascaded downward across the thumb and wrist of my left hand. Burned and embarrassed, I managed to grin and bear the pain as I poured a bit out and gave the cup to the lady. Apparently, I didn't do a very good job of disguising my discomfort, because she looked at me with wide-eyed concern and asked if I was okay. I assured her it was nothing. The sweet lady graciously apologized, as though it was somehow her fault, and as she walked away, I heard her say with concern to Sharon "I hope he's going to be all right."

I held a cold rag on my hand, and within a few minutes my thumb turned dark red and became a little sore and stiff, but nothing serious. The soreness lasted about 24 hours, but the dark color persisted. Then six days later, something fascinating happened. The dark red skin began to peel off, and beneath it was a perfect layer of brand new skin that my body had manufactured. I know it was just part of the normal healing process, but the more I thought about it, the more it struck me as something close to miraculous. What a poignant reminder of the incredible creation these human bodies are. Clearly God, in His wisdom, knew there would be bumblerers like me, whose poor decisions would require rejuvenation.

The symbolism was hard to miss. Even for me. We make mistakes, we fall into sinful habits, and yet God, through his redeeming Son, is always ready to make us new, to create a new life for us, a new start. We are unfaithful on the outside, but God is growing something fresh and beautiful on the inside. If we turn toward Him, He will peel off the old and replace it with something better. Something smarter.

Next time, I'll be more careful drawing hot water out of that spout. Better yet, I'll just look for somebody taller to handle it.

See? I'm getting smarter already.



LOOK WHAT'S HAPPENING

Turn Trussville Pink

To help raise awareness of breast cancer, don't forget to Turn Trussville Pink on Wednesday, October 16. For information on events and purchase of t-shirts, yard signs and mailbox bows go to <https://turntrussvillepink.com>.

FIRST THURSDAY

PRAYING for their ONE

October 3 • 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

Praying for your



FIRST MONDAY PRAYER

October 7 • 10:00 AM • Room D139

Email prayer requests to Sam.prayer@fbctrussville.org



FIRST MONDAY EVENT

Monday, October 7 • 11:00AM • In the Chapel

GUEST: Dr. Robert Smith, Jr.,

Retired after a 58-year ministry which includes his most recent position as Professor of Christian Preaching and Charles T. Carter Baptist Chair of Divinity at Beeson Divinity School.



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 • 4:30 PM • Room D139



SAM LADIES ENSEMBLE REHEARSALS

First & Third Thursdays • 9:00AM • D139



FLU SHOTS AVAILABLE

Sunday, October 6th • 8AM-12:00PM • Gym lobby
Administered by Carroll Pharmacy. No cost unless it is not covered by your insurance. They will be \$25 if not covered.

AMERICAN RED CROSS BLOOD DRIVE

Tuesday, October 8 • 1:00 - 6:00PM • In the gym

MEN'S 6:11

Thursday, October 10
6:11 AM • In the Gym

For men and boys of all ages.
Come hungry and bring a friend!



EDIBLE EDUCATION

Thursday, October 10 • 11:30AM • FH
Special Guest: Dr. Jamey Hammock MD

On high blood pressure: how to know you have it, the effects if left untreated, and how to get it under control
Please register [HERE](#)

CELEBRATORS CONFERENCE

Pigeon Forge, TN • October 14-17

COLUMBUS DAY

Monday, October 14

SAM MONTHLY LUNCHEON

Thursday, October 24 • 10:30AM • In the gym
GUEST: Jim Phillips

An avid treasure hunter, collector, appraiser, and enthusiastic story teller, Phillips is also an Alabama historian. Join us for what will prove to be an interesting program.

Reservations required for lunch. \$7

HAPPY HALLOWEEN!

Fall Family Night

October 31 • 4:30-7:00PM



WHEN I WAS A KID

Can you guess who this smiling-all-over baby girl is?
She was born in Townley, Alabama.

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



PRAYER FOCUS

Let's all pray for our SAMers who will be travelling to Tennessee to attend the CELEBRATORS CONFERENCE this year on October 14-17 in Pigeon Forge. Pray for each one going to be blessed with the teaching, music, and time spent with friends.



Pray for the wisdom and wellbeing of our sitting President, and for those running for the office of President in November.

BRAIN BUSTERS

FOR THOSE OF YOU WHO HAVE TROUBLE SPELLING * !!!!TRY THIS!!!!
AOCDRNDICG TO RSCHEEARCH
AT CMABRIGDE UINERV TISY , IT
DSENO'T MTAETR WAHT OERDR
THE LTTRES IN A WROD ARE, THE
OLNY IPROAMTNT TIHNG IS TAHT
THE FRISIT AND LSAT LTEETR BE IN
THE RGHIT PCLAE. TIHS IS
BCUSEAE THE HUAMN MNID DEOS
NOT RAED ERVEY LTETER BY
ISTLEF, BUT THE WROD AS A
WLOHE. IF YOU CAN RAED TIHS,



**THIS IS FOR ALL OF
YOU SAMers BORN
IN A FALL MONTH...
HAPPY BIRTHDAY!**

It's a lot more fun to be 20 in the '70's
than 70 in the '20's!

Fall Family Night

October 31 • 4:30-7:00pm

Fall Family Night is right around the corner!
There are multiple volunteer opportunities
for this event!



WMU 2024

By Sue Richards

W - wonderful ladies working tirelessly to
M - minister to many who need to hear about JESUS and to be
U - useful as they become the hands and feet of our Saviour.



These ladies have been busy in 2024 with the ministries listed below and many others under the direction of Shirley Lyle. Be sure to watch for information on upcoming Christmas projects like Operation Christmas Child boxes, WMU Backpacks, a Lottie Moon luncheon, and others where we all can help to make the Season bright for others.

The Mississippi River Christmas Backpack Ministry is one of the favorite projects for our WMU ladies. So far this year, they have filled 700 backpacks which are the only gifts some children receive. They are filled with hygiene items, two cans of food, an article of clothing, a spiritual book (sometimes the Bible, sometimes a devotional book) plus smaller games and puzzles. There is always a leaflet included which explains the Gospel. This ministry is all about sharing the love of Jesus and planting a seed. The children as well as their parents are ministered to when they pick up the backpack.

Sunshine Baskets - our ladies decorate baskets and fill them with small gifts. These are given to someone who needs a "lift" ... perhaps a church member, a non-member or a neighbor ... to put a little "Sunshine" in the life of someone having a hard time. To date, the WMU has made 216 of these baskets and they have all been given away!

Prayer Crosses - these are small, wooden crosses that one can hold in their hand. We have heard of some ladies putting the cross under their pillow to sleep; several keep the cross in their purse. Before the cross is given away, the WMU ladies pray over it and whoever will receive it. Just a little reminder to pray more.....

If you would like to join the WMU, you have several choices:

- **S.A.L.T. group** - (serving and learning together) - meets Sunday at 5:00pm for Bible Study in E204.
- **Janet Graves group** - meets 1st Wednesday of the month at 5:00pm in D200.
- **Kandy H. group** - 2nd Tuesday at 10:30am in D200.
- **Phoebe group** - 3rd Tuesday (August thru May) in D141 at 10:30am. This group does a book study.
- **WMU - Women's Missionary Union**

"Let my heart be broken by the things that break the heart of God."

A prayer written by Bob Pierce in his Bible after a visit in Asia where he witnessed the extreme suffering of children. Dr. Pierce worked tirelessly, even as he himself was suffering from leukemia, for these children and others fleeing Communist rule in the late 1970's. Read more about Dr. Pierce online at www.samaritanaspurse.org and elsewhere.





OUR PASTOR = OUR SHEPHERD, OUR FRIEND

October is Pastor Appreciation Month.

We here at FBCT are exceedingly blessed and most grateful for "Pastor Buddy" Champion!

With a Mountain Dew and a Snickers Bar always close by, a sense of humor, and a heart of gold, he:

- Leads by example
- is Faithful to God and his flock
- Preaches and teaches God's Word
- Oversees / shepherds the congregation
- Worthy of our honor and praise



OUT AND ABOUT

Denise Dockery had a wonderful opportunity to attend a weekend gathering of the Precept ministries leadership family in Utah in September "engaging with people in God's Word." Denise loves the Precept ministry and was very grateful to have had the opportunity to grab a picture with Kay Arthur.



LOOKING AHEAD

A North Carolina Christmas

December 2-5, 2024

Biltmore Estate • The Cove

Billy Graham Library

SOLD OUT!

(call SAM office to be added to the waiting list)

Please pray for the people of Asheville, NC due to the recent flooding.

SAM CHRISTMAS

Sunday, December 8 • 4:00PM

SPECIAL GUESTS: Gold City Quartet

Tickets going on sale October 15.



SAM MUSIC TOUR 2024

Joyful Hearts Choir • SAM Vocal Band • Ladies Ensemble

By Grace McConnell

Early Monday at 6:30am on September 9, 2024, a large bus left FBCT for Chattanooga with 55 members of the SAM 2024 Joyful Hearts Choir. The first program of the week-long tour would be a Brainerd Baptist Church.

Senior Adult Minister and Choir Director Bob Smith at one time served as Interim Music Director at Brainerd Baptist. Many friends there were glad to see and hear Bob sing during the program. SAM Choir Assistant Director Kim Searcy also directed our new ladies group and various songs of the choir.

John Davis, all-important technical assistant, and others went separately in trucks carrying essential sound and video equipment. The equipment set up and take down must be done for every presentation. That's a labor-intensive and very important task.

Each program at the five churches in Tennessee and Mississippi during the week began with the new and outstanding ladies group, "Hearts in Harmony." Next to sing were the men in the SAM Vocal Band, always a favorite. Lastly, the entire choir sang the beautiful songs of the program. Two of these songs were led by outstanding soloists Debra Roberts and Edna Foshee.

A very interesting thing happened at the Brainerd program! Two ladies came up to the choir and introduced themselves as great aunts of Grayson Pope, a young Trussville teen recovering from a terrible accident last year. They read a letter from Grayson's mom praising FBCT for all the love shown to him and the family. SAM Vocal Band member, Millard Green, is a great friend of their brother Mike Pope, Grayson's grandfather who lives in Trussville. Small world!

On Monday afternoon we headed to Memphis, stopping to have dinner then more travel to arrive that night at a Memphis Hampton Inn, kindly assessed and arranged for prior to the trip by Jim and Barb Patton.

Tuesday, after the long day Monday was a no-sing day. The afternoon included a bus tour of various Memphis sights, bringing the group to the famous Peabody Hotel where we arrived in time to see the legendary ducks march out of the fountain, along the red carpet and into the elevator. Fun! A barbecue dinner at the iconic Rendezvous restaurant was a treat. A visit to a nearby Ice Cream Parlor ended Tuesday with yummy fun.

Wednesday in Memphis the schedule included a midday presentation at Leawood Baptist Church. Choir members were blessed to share the Gospel through song to the faithful members of the church as well as other members of the community to whom they minister.



SAM MUSIC TOUR 2024 (CONTINUED)

The renowned Bellevue Baptist Church was our Wednesday evening presentation. As we arrived, we were greeted on the bus by their Legends Director Sam McElroy.

Sam is a friend of Bob's who grew up in Birmingham. His father worked at US Steel and he graduated from Samford. He led our group to dinner in the huge dining and performing area before we moved to the Pollard Chapel, one of two large chapels located on either side of the front lobby, for the program.

Bellevue Pastor Steve Gaines greeted the choir with a warm welcome, mentioning his former church, Gardendale First Baptist, from which he moved 19 years ago. The Bellevue audience gave our choir a standing ovation at the program's end.

Thursday morning, we made our way to Tupelo, Mississippi, to Auburn Road Baptist Church. Choir and vocal band member, Don McConnell was happy to see Auburn Road Music Director Troy McConnell, Don's son, welcome the group from FBCT.

The final presentation of the week was given on Friday midday at the beautiful Harrisburg Baptist Church located in Tupelo near the Natchez Trace.

Late Friday, the 2024 SAM Choir returned home tired but blessed. It was an honor and a blessing during the week to see, as we sang and shared the Gospel, hands raised and tears wiped as God worked through the music, voices and words of the songs, touching hearts in each of the five church audiences.



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!

WHEN I WAS A KID ...

MYRA GREEN

In what city and state were you born?

Townley, Alabama

How long have you been attending FBCT?

Approximately 15 years.

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

A Secretary

What did you actually become when you grew up?

A Long Distance Operator for Southern Bell (also filled several other roles over her 32 years there). Upon retirement she went to work for Wal-Mart and wants to retire soon.

Tell us about your family:

Her parents were from Townley, Alabama (both deceased). Husband died in April 2022, had 4 children (1 deceased), 5 grandchildren and 4 great grandchildren. She had 2 sisters (1 deceased) and 1 brother as well as a host of other family members.

What is your favorite television show?

In the Heat of the Night

What is your favorite food?

Anything chicken

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

To Kill a Mockingbird

Who or what has impacted your faith journey?

An Aunt who took her to church growing up, a very special Sunday School teacher, and her late husband.

What is your favorite Bible verse:

John 14:1 Let not your heart be troubled. You believe in God, believe also in me.

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

Sunday School class and the SAM Ministry.

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

She has great compassion for people who are hurting, also for her family and Church family and her work family.

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

She met her late husband at a gathering ... she refused to give him her last name or phone number. He kept searching for her, and one Sunday morning he went to pray with the preacher – his request was that he really wanted to find this woman because she was really a special person. The pastor prayed with him and it turned out that on that very day they finally had a phone conversation, went out on a date a few days later and soon fell in love. They had some great years together before his death.

