



SEPTEMBER 2024

## I'd Rather Have Jesus

I'd rather have Jesus than silver or gold;  
I'd rather be His than have riches untold;  
I'd rather have Jesus than houses or lands,  
I'd rather be led by His nail pierced hand.

He's fairer than lilies of rarest bloom;  
He's sweeter than honey from out the comb;  
He's all that my hungering spirit needs.  
I'd rather have Jesus and let Him lead.

Than to be the king of a vast domain  
Or be held in sin's dread sway.  
I'd rather have Jesus than anything  
This world affords today.

Written by Rhea F. Miller  
[CLICK HERE](#) to listen as  
George Beverly Shea sings

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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](mailto:sam.news@fbctrussville.org). Printed copies will be available at the church Welcome Center and Events Center.

## WOULD YOU RATHER...

Anyone who knows me knows I love to play games. There's nothing like a challenging game of cards or a good game of golf. And football games ... ROLL TIDE ... that's all I have to say about that!

Have you ever played the game Would You Rather? Questions are asked in various categories. Players must choose only one answer between two options; "neither" is not an answer. Gets quite a few stimulating and hilarious conversations going between the players. Let's try a few questions here. Play it with a friend or two. Player one asks player two the first question. If player one guesses player two's answer, player one gets the point. If player one does not guess player two's answer, player two gets the point. Then player two asks player one the next question and so on. The player accumulating the most points wins the game.

### Would you rather...

- Eat a chicken liver **OR** eat a frog leg?
- Travel the world **OR** build your dream house (but not both)?
- Catch a porcupine thrown from a second-story window **OR** a skunk thrown from the same window?
- Teach a room full of rambunctious little boys **OR** little girls with all the drama that comes with them?
- Be on top of a Ferris wheel during an earthquake **OR** during an electrical storm?
- With no experience whatsoever and with your life depending on a finish in the top half of the field, have to be a jockey in the Kentucky Derby **OR** a driver in the Indy 500?
- Have to run the length of a football field as fast as you can while wearing a pair of football shoes with the cleats **INSIDE** the bottom of the shoe **OR** run it barefoot, and every 20 yards there is a 10 yard span of hot coals?
- Inherit \$100,000 **OR** inherit the key to and the contents of one random safety deposit box at a Swiss bank?
- Always lose **OR** never play?
- Men, have the life of Daniel **OR** John the Baptist?
- Ladies, have the life of Mary **OR** Martha?

Live your days now and in eternity serving and worshipping a gracious, living Lord **OR** suffer the consequences of a life now with Satan and no eternal life? **YOUR CHOICE.**

Note, I am not suggesting life is a game. Life is a gift. Our gracious God loves each of us with an everlasting love and by His grace gives us choices in life. As in the Would You Rather game, we must choose one way or the other ... no straddling the fence, as the saying goes. (Jesus said no man can serve two masters. Matthew 6:24)

*And if it seem evil unto you to serve the Lord, choose you this day whom YOU will serve; whether the gods which your fathers served that were on the other side of the flood or the gods of the Amorites, in whose land ye dwell; but as for me and my house, we will serve the Lord. Joshua 24:15*

• HOW TO BE •

# SAM SATIONAL!

with KEN LASS

The lady was telling me about her friend, a church member, who had suffered a serious health setback and was in the hospital. Compounding the problem was the fact that the hospitalized woman was the sole caregiver of her bedridden son. The son had become so upset at his mother's condition that he, too, had to be hospitalized. This family was truly in a time of crisis. The lady went on to tell me what a blessing James Long had been during this ordeal. She raved about the genuine concern, love and assistance that James was providing.

To those of us who know James, and for SAMers that's most of us, this came as absolutely no surprise. I don't think I'm exaggerating when I say that, at First Baptist Trussville, James Long has become a bit of a legend. He is, dare I say, a tad famous for his uncanny ability to memorize names and call them to mind when he sees folks. When we first joined the church back in 1990, he was the minister of education. He spent twenty years in that role. I was young in my Christian walk back then, having accepted Jesus as Savior only a few years before. James was the one who encouraged me to teach Sunday School, even though I felt completely unworthy and unqualified to do so. No problem, he assured me. He told me I would learn far more about the Christian walk from teaching than I would just attending a class.

I reluctantly agreed to give it a try. He couldn't have been more spot on. I would go on to receive the blessing and privilege of teaching classes for more than twenty-five years. Doubtful that would have happened without James' influence and guidance.

James and Shirley left our church to pursue other adventures for a while, but eventually realized they couldn't live without us. Upon his return, the Sylacauga native and Auburn alumnus felt the call from God to



another area of service. In August of 2023 James officially came back on staff as Minister of Homebound Care. As described in the beginning of this article, he has been meeting the needs of these ailing congregants ever since.

By its nature, this kind of ministry doesn't take place in front of large crowds of people. Rather it unfolds in the homes and hospitals and rehab facilities of its participants. So James' work is not seen by the great majority of our church members. It's not a high visibility job that might foster widespread acknowledgement. Recently in Sunday School, we were studying about the gift of humility. The class was asked if they knew of any examples of persons who role modeled true Christian humility. It took about two seconds for James Long's name to be mentioned. He doesn't want or need credit for what he does.

In fact, at this point, I must inject a bit of full disclosure. As a general rule, I try to interview people that I write about in advance to make sure I get my facts straight. However, I chose not to speak with James about this column beforehand, because I knew he would want to water down the praise, feeling it was too much. It's not too much. It's probably not enough.

So thanks, James Long, for all you do and have done for God's children. You are the embodiment of what it means to be SAMsational.

# 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 THURSDAY

### PRAYING for their ONE

September 5 • 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](mailto:pray41@fbctrussville.org)

Praying for your



## FIRST MONDAY PRAYER

September 2 • 10:00 AM • Room D139

Email prayer requests to [Sam.prayer@fbctrussville.org](mailto:Sam.prayer@fbctrussville.org)



## NO FIRST MONDAY EVENT

HAPPY LABOR DAY: Monday, September 2

## 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



## SAM MUSIC TOUR

Joyful Hearts Choir • SAM Vocal Band  
Ladies Ensemble • September 8-15

## GRANDPARENTS DAY

Sunday, September 8

Occurs on the first Sunday after Labor Day every year.

## PATRIOT'S DAY

Wednesday, September 11

## MEN'S 6:11

Thursday, September 12

6:11 AM • In the Gym

For men and boys of all ages.

Come hungry and bring a friend!

## EDIBLE EDUCATION

Thursday, September 12 • 11:30AM • FH

Special Guest: Nikki Benedict

Informing us on how what we put into our body and how we take care of our bodies affects our daily lives.

Must register to eat. \$6

Please register [HERE](#)

## SAM MEN'S GOLF RETREAT

Ryder Cup Style Tournament

September 22 – 24 • Opelika, AL

Robert Trent Jones Grand National

Get more details and register online [HERE](#)

Registration limited to 32

## FALL BEGINS

September 22, 2024

The long, hot Alabama summer days are almost over.



## SAM MONTHLY LUNCHEON

Thursday, September 26 • 10:30AM • In the gym

GUEST: Allison Speer returns to FBCT!

Reservations required for lunch. \$7

Allison Speer is no stranger to us SAMers.

She mesmerized us with her beautiful smile and voice at OASIS last summer.

Join us as we welcome her back to FBCT.

# WHEN I WAS A KID

**Can you guess who this handsome young man is?  
He was born in Blount County near Snead, Alabama.**

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



## MAY I HAVE A WORD WITH YOU...

### **Why Have Some People Adopted BCE/CE and What Does it Stand For?**

In our August SAM Newsletter we included information on the oldest lighthouse in the world: The Lighthouse of Alexandria (Island of Pharos, Egypt; built between 280 – 247 BCE). The use of “BCE” was an oversight and should have been “BC.” Let’s take this opportunity to educate ourselves on yet another way in which references to Christ our Lord are being eliminated in big and small ways.

Arguably, there is nothing “wrong” with referring to BCE / CE with regard to a year; the year is the same as when referring to it as BC / AD. Study this explanation and decide for yourself.

An important reason for adopting BCE/CE is religious neutrality. Since the Gregorian calendar has superseded other calendars to become the international standard, members of non-Christian groups may object to the explicitly Christian origins of BC and AD. The term BC stands for “Before Christ” and AD stands for Anno Domini, Latin for the “Year of Our Lord”. Because non-Christians do not consider Jesus to be their “Lord”, scholars developed the non-religious term “the Common Era”, abbreviated CE. BCE stands for “Before the Common Era.”



## BRAIN BUSTERS

### **TRUE OR FALSE ...**

Lemons float but limes sink.  
Try it; you might be surprised.

# HAPPY 90TH BIRTHDAY, DON COMPTON!

By Grace McConnell

A large crowd of over 100 friends and family gathered on Sunday afternoon, August 18 to wish Don Compton a Happy 90th Birthday. The party was hosted by Don's daughter Vangie, and daughter-in-law Lisa with the help of their children, grandchildren and great grandchildren attending.

With the Luau theme, dress was casual and lei's were handed out as friends and family arrived. Refreshments included fruit, cake and delicious pastries along with a wonderful sherbet punch, and more.

Entertainment included Don singing "his song" – There's Going to be a Meeting in the Air," with the SAM Vocal Band singing alongside.

Together, Don and FBCT fellow choir member and friend, Mildred Reed, sang a beautiful rendition of "It is Well With My Soul," for the appreciative group enjoying the party.



## HAPPY 66TH WEDDING ANNIVERSARY

In our June SAM Newsletter, we recognized couples celebrating 60+ years of marriage this year. Join us in congratulating Ed and Betty Gardner as well. They have been married 66 years on August 16.

## LADIES PRECEPT BIBLE STUDY

**For all FBCT ladies and friends.**

**Wednesday mornings • Room 142 • 9:00AM.**

**September 4: Study of Ecclesiastes**

**October 2: Study of 2 Thessalonians**

**January 2025: Study of the book of Daniel**

Contact Denise Dockery for information [dockerymom@gmail.com](mailto:dockerymom@gmail.com)

# THERE AIN'T NO DOUBT WE LOVE THIS LAND ... GOD BLESS THE USA!

## REMEMBERING PATRIOT'S DAY

Written by our own Julie Rousseau October 2001

Lives shattered. Hearts broken.  
A nation grieving for its own;  
A day that will live in infamy,  
A time such as we've never known.

The tears. The pain. The suffering.  
Uncertainty fills our minds.  
A nation now pulls together,  
A common cause – the tie that binds.

Time heals. We move forward.  
Rebuilding a little each day,  
And when we need that reassurance,  
On our knees, we bow to pray.

For God is our strength. Our Hope.  
Our very Help in times of need.  
He is the Truth, the Way, the Life,  
Our Eternity, indeed.

Yes, Evil strikes. We are shaken.  
Our hearts and souls made frail;  
But determined we stand, one nation UNDER GOD;  
UNITED, WE SHALL PREVAIL!!

## LOOKING AHEAD



Samford University photo

### 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.**

"Dr. Smith is one of the best preachers I have ever heard," Bob Smith

The Alabama Baptist referred to him as a "living definition of a biblical preacher."

Plan to join us as Dr. Smith leads us in Bible study.

### CELEBRATORS CONFERENCE

**Pigeon Forge, TN**  
**October 14-17 • Register with \$100 deposit**  
**FULL PAYMENT IS DUE BY SEPTEMBER 1**

Find all the details you'll need at  
[www.fbctrussville.org/events](http://www.fbctrussville.org/events)



# MEMORY LECTURE DRAWS AREAWIDE ATTENTION

By June Mathews.

A crowd of 600-plus recently gathered at First Baptist for a Sunday afternoon lecture by Dr. David Geldmacher, director of the UAB Division of Memory Disorders & Behavioral Neurology. The August 18 informational session drew interest from the Trussville community and beyond.

Titled "Progress in Memory Loss, Brain Aging, Alzheimer's and Dementia," Geldmacher's presentation held a wealth of information about dementia research and practical advice for those at risk for dementia or dealing with dementia, whether patients or caregivers.

"One in 10 people over the age of 65 in the United States can be diagnosed as having dementia," he said. "They may not have been diagnosed, but they could be because they're severely enough impaired." Defining dementia as "a loss of memory and thinking that interferes with normal activities," Geldmacher named Alzheimer's, strokes and Parkinson's disease as common causes.

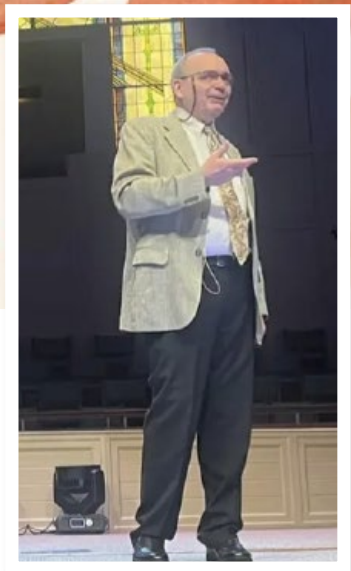
He emphasized that forgetfulness occurs in healthy aging without limiting function and should not be an immediate cause for alarm. But he also said that if symptoms go beyond that, seeking help early is critical.

"When someone loses the ability to do their usual tasks is when we move into dementia," he said.

With 7 million active cases of dementia in the U.S., the burden on families, Geldmacher said, is heavy. Average out-of-pocket costs are \$10,000 a year, and approximately 17.7 billion hours of unpaid caregiving, usually by a family member, were rendered in 2018.

But for all the bad news associated with dementia, there is hope. While known risk factors like aging, family history, and genetics can't be controlled, researchers have found that healthy habits can help delay and possibly prevent dementia. Protective measures include physical activity, a Mediterranean-type diet, mental stimulation, and sleep. Anti-inflammatory drugs and cholesterol-lowering drugs can be helpful, as well as other prescribed medications.

"Taking your medicines for conditions like high blood pressure and diabetes is also very important for protecting brain health," he said.



The work of understanding Alzheimer's alone, said Geldmacher, is an enormous undertaking resulting in countless hours of research and thousands of related articles each year.

"Even with that, we don't know everything yet," he said. "We are getting closer every day to understanding the core problems and preventing them, but the work is massive, and it continues and it's expanding."

And as to Bob Smith's pressing question about the benefits of taking dietary supplements purported to improve memory?

"No clear benefit," said Geldmacher. "If you feel better taking it, there's probably no harm. But if you're expecting it to make long-term and meaningful differences in your memory, the science simply does not support that."

For a complete replay of Dr. Geldmacher's presentation, visit the Seasoned Adult Ministry (SAM) page at [www.fbctrussville.org](http://www.fbctrussville.org).



# PRAYER FOCUS

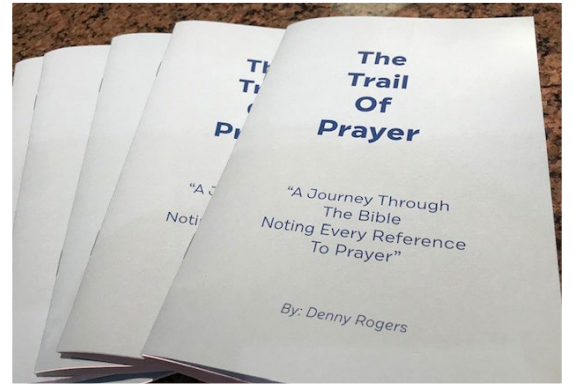
## SAM MUSIC TOUR

Joyful Hearts Choir • SAM Vocal Band • Ladies Ensemble  
Sunday, September 8 – Sunday, September 15

This group of 50+ SAMers will be traveling from Trussville to Chattanooga, Memphis and Tupelo before returning home.

### **Please pray as they Minister through music:**

For their safety and well-being as they travel and sing;  
And for the hearts and lives of those who listen to be open to the Gospel message.



*If you haven't already, do pick up a copy of Denny Rogers' "journey through the Bible" at the Event Center desk. Taking this walk will change your life!*



# SERVING OUR SCHOOLS

Contact the SAM office at 205-228-1006 or email [darrington@fbctrussville.org](mailto:darrington@fbctrussville.org) or Jack Sittre at [poppycorvette@yahoo.com](mailto:poppycorvette@yahoo.com) if you would like to help with maintenance and grounds work at a few of our Trussville schools.

# THERE'S MORE...

**SEE MORE NEWS IN THE ELECTRONIC VERSIONS (EMAIL AND CHURCH WEBSITE) OF THIS NEWSLETTER. CHECK IT OUT AT [www.fbctrussville.org](http://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](mailto: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!



# SAM'S SUMMER 2024 PART 2

(enjoy Part 1 in the August SAM Newsletter)

## SAM MONTHLY LUNCHEON GAME DAY!

By Judy Bryant

We had a great turnout for our annual summer Game Day on Thursday, July 25. This was my first time to join in the fun, and I was blessed to meet a couple of new friends. The games played included card games such as Rook; dominoes; Scrabble; Hand & Foot; and even some Rumi Kub. Now, it wasn't all serious game playing. There was a spread fit for a king ... snacks and lunch brought by many of the players. We all just HAD to take sustenance intermittently! I plan to return on the next SAM Game Day; hope you will join us!



## HUNTER STREET HOMECOMING

By Sammye Dunn

On Sunday, July 28 Hunter Street Baptist Church hosted a Gospel Homecoming Concert under the direction of Barry Daniel, Minister to Seniors at Hunter Street. Many of our Joyful Hearts Choir members were a part of the large choir which came from 5 different churches. Along with the choir, Bob Smith did an amazing job on the songs "Until Then" and "What A Day That Will Be." Our SAM Vocal Band did a great rendition of "This World is Not Your Home" and our Hearts in Harmony did a beautiful job on "Good Ole Gospel Medley." This was a true celebration of gospel music and our favorite hymns. Hope we can all do it again this time next year!



## SAM LADIES EVENT

### "Beautiful" the Carole King Musical

By Diane Poole

On Saturday, August 10, around 60 of us ladies had the pleasure of attending the incredible musical "Beautiful" at the Red Mountain Theatre. The musical opened on Broadway in 2014 and continues to tour across America and overseas.

The show beautifully chronicled the inspiring early life and career of Carole King, featuring her timeless hits alongside iconic songs by Gerry Goffin, Barry Mann, Cynthia Weil, and Phil Spector. We give a shout out here to the amazing talent of our local actors and actresses ... bravo!

Before the show, many of us enjoyed a delicious lunch at The Fish Market, making the day even more special. It was a wonderful blend of music, fellowship, and great food. Thank you to Bob Smith, John Davis, Donald Leopard and Mike Jones for doing the driving!

When we got back on the buses for home the one question that was asked repeatedly: Is Carole King still living? The answer is yes. She was born in February 1942, now 82 years of age. Since the 1980s she has been living on a ranch in Idaho. She wrote a new song as recent as 2021! Along with many other awards, she has been inducted into the Rock and Roll Hall of Fame twice.



Now 82 years of age



## FBCT CROP DROP

On Saturday morning, August 17, we had a great group of volunteers on our campus to bag 38,000 pounds of sweet potatoes in 10 lb. bags for the Society of St. Andrew. And we did all this in 2 hours! Thanks to all who helped to get these vegetables ready to transport to and feed those in need.

## ATLANTA BRAVES GAME

Braves vs. the Miami Marlins  
And it was fireworks night!

**Braves 5 – Marlins 3 Woohoo!** What a great evening at the ballpark in Atlanta on Friday, August 2 for some 50 SAMers! From the good seats, to the hot dogs, to the fireworks, and the WIN, what a fun-filled outing!



## SAM MONTHLY LUNCHEON

What a crowd we had for the SAM Monthly Luncheon on Thursday, August 22, with special guests our own Bob Smith and the SAM Vocal Band. We heard songs like Oh, What A Day That Will Be; God Bless the USA, featuring soloist Scott Strickland; Praise God, I Am Satisfied (with Jesus)!; Meeting in the Air, featuring Don Compton, soloist; and a wonderful rendition of I'll Fly Away. And yes, Eddie Stovall, we even laughed at your jokes! Like, "Hey Bob, we went to the funeral home the other day to check on the price of funerals. We had to ask, how come the price is soooo high? The gentleman at the office answered "because of the high cost of livin!" We tapped and we clapped and left for lunch in the Fellowship Hall with happy hearts. Thank you SAM Vocal Band for a wonderful morning.

Mrs. Georgia fed all of us the best vegetables and corn bread ever. Thank you once again Mrs. Georgia!



# WHEN I WAS A KID ...

## BILL J. ROBERTS



**In what city and state were you born?**

Blount County near Snead

**How long have you been attending FBCT?**

25 years

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

Something besides farming

**What did you actually become when you grew up?**

Went to work at Tractor & Equipment Co at age of 17 for \$1.00 per hour.  
Retired at age 55 as CEO.

**Tell us about your family:**

Married to Liz, my high school sweetheart, for 67 years. We have two sons, four grandsons and one granddaughter.

**What is your favorite television show?**

Blue Bloods, Sports and News

**What is your favorite food?**

Vegetables and cornbread

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

Hillbilly Elegy by J.D. Vance"

**Who or what has impacted your faith journey?**

Liz had the greatest impact by having me in church and being saved as a young 18 year old married man.

**What is your favorite Bible verse:**

Philippians 4:4-7 and 2 Chronicles 7:14

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

Deacon Ministries

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

Our young people. I served on Boys and Girls Board for many years and am now lifetime member.  
Served on Trussville School Board for 10 years and am still involved in doing anything I can do to help.

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

I love living in Trussville, our great church and our school system. I love watching all sports, especially girls softball.