

**PRESCHOOL EXTENDED SESSION**

**10:30 AM WORSHIP (December 6)**

**PRESCHOOL I:** Marlene Allen, Amy Allen

**PRESCHOOL II:** Cheryl Gibson, Priscilla Little

**PRESCHOOL III:** James Karnes, Susan Baxter

**USHERS (December 6)**

Mike Trent, Chairman

Larry Johnson, Jeff Barton,

Chad Shanks, Tim Bass



**GREETERS (December 6)**

Pete & Janice Ham, Gaye Neeley,

Tony & Renee Queen

**And the People Came . . . (November 29, 2009)**

Sunday School	140
Bible Study (B. Seymour)	0
Homebound	0
SONshine Seniors Bible Study (Fri.)	0
Total in Bible Study last week	140

**And the People Gave . . . (November 29, 2009)**

Weekly Requirements	\$ 9,573.45
Received November 29	\$ 6,951.45
Designated November 29	\$ 1,347.00

Our church is supported by tithes and free-will offerings.

It is the privilege of all members to give regularly as God has prospered.



**Calvary Baptist Church**

Pastor:	Dr. Donnie C. Brannen
Music/Education:	Rev. D. Mikel Caywood
Secretary:	Jennifer Ramey
Organist:	Frances Mooney
Pianist:	Debbie Johnson
Keyboard:	Lemuel Mixon
Drummer:	Brian Shoemaker
Parish Nurse:	Barbara Bowling, RN

Periodicals

Heart and Hand (USPS 974-380) Published weekly except Christmas week by Calvary Baptist Church, 1238 Pine Street, Kingsport, Tennessee 37664-2432. Periodicals Postage Paid Kingsport, Tennessee.

**Heart and Hand**

*"Experiencing Christ Through Caring and Sharing"*



1238 Pine Street  
Kingsport, TN 37664  
(423) 245-9157

*Filled with compassion Jesus reached out and touched the man. - Mark 1:41*

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December 2, 2009

**Schedule of Ministry**

**Sunday, December 6**

9:15 AM Bible Study

10:30 AM Morning Worship

3:30 PM Youth meet at church to go see

"A Christmas Carol"

4:45 PM Instrumental Praise Ensemble (Rutledge Class)

5:30 PM The *Refinery*

5:45 PM Pioneer Club (FH)

6:15 PM Evening Worship

**Tuesday, December 8**

10:00 AM Bertha Smith Circle

**Wednesday, December 9**

6:15 PM Handbells

6:30 PM Older RAs, RAs, Acteens, GAs & M. Friends

6:30 PM Prayer Meeting

7:30 PM Choir Rehearsal

**Friday, December 11**

12:00 Noon SONshine Seniors Bible Study

**Saturday, December 12**

10:00 AM Cantata Rehearsal

(Nursery Provided)



Please be in prayer for the Dallas Bivins family (our Sullivan Baptist Associational missionary) as seven-year-old Brock is undergoing treatment for Hodgkins Lymphoma.

**December 4 – 13, 2009**

**10% of your purchase made at Salsarita's will go directly to the Bivins family. You must tell them when you pay it is for Brock Bivins.**

**Hope to see you at Salsarita's , December 4-13!**

## CAN IT REALLY BE DECEMBER?

I just looked at my December calendar, and I feel tired already! It looks like a war zone! I'm sure your calendar probably looks similar. December is a busy time for all of us, a time of hustle and bustle and obligations and shopping and traffic and noise and expense and the ever-looming deadline of getting it all done by December 25. I'm sure all of us can identify with the scrooge who was asked, "What do you want for Christmas?" and responded "I just want it to be over!" We've all felt like that at some point in the Christmas season. Often, what should be a joyous celebration of the birth of our Lord becomes a "just get through it" test of endurance. As we enter into the Holiday Season, let me suggest several strategies to help us maintain our joy and reduce stress during the Christmas season:

1. **KEEP OBLIGATIONS REASONABLE:** Don't try to do more than you can reasonably do. If the calendar is already overloaded, be willing to JUST SAY NO to anything else. Ask God to lead you to those things that are truly important, rather than being enslaved to those things that are merely urgent. Ask Him for wisdom to know what to leave in and what to leave out.

### 2. KEEP EXPECTATIONS IN CHECK:

Disappointment is the gap between expectations and reality. For many people, the Christmas season becomes idealized. They picture perfect family gatherings in perfect surroundings and perfect gifts being received with perfect responses. Reality is usually something less than perfect. Set realistic expectations. Not every family member will always do as you hope. Your house and decorations may not be perfect when the family comes over. You may not receive the gift you wanted, and those you give gifts to may not be nearly as excited about them as you thought they would be. Don't idealize the holiday. Nobody lives in a Norman Rockwell painting!

3. **KEEP WATCH OVER YOUR BODY:** Make sure you're getting adequate rest, nutrition and exercise. Be aware of stress and have coping strategies available, whether it's a brisk walk in the outdoors or a special Christmas CD that refocuses you on the true meaning of the season. Beware of eating too much junk food and too little real food.

4. **KEEP TABS ON YOUR FINANCES:** Many are those who make purchases they can't afford and shrug it off with "but it's Christmas, after all." The Christmas season is no excuse for poor stewardship of finances. Be careful of credit purchases that will extend the Christmas stress into January and beyond!

And last, but most importantly of all...

5. **KEEP CHRIST IN CHRISTMAS:** It's a cliché, but no less true for its oft-usage. Jesus is the reason for the season. Don't allow the craziness of the holiday season and all of its obligations to take your focus off of Him and keep you from regular patterns of devotion, prayer, and worship. Jesus talked in the Sermon on the Mount about how unbelievers run about in a frenzy from this thing to that. He then told us that our lives as believers should not be that way, but instead we are to seek His kingdom and His righteousness first and foremost. Remember: Christmas is not about Santa Claus and presents wrapped in brightly colored paper; it's about the Son of God who came wrapped in human flesh and gave us the greatest gift of all, salvation by grace through faith. When stress comes during the Holiday Season, as it surely will, take time out to pray and worship, thanking and praising God for the gift of His precious Son. Philippians 4:6-7 tells us, "*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to the Lord. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.*" Now, **that's** a "peace on earth" we all need!

## SPECIAL THANKS

Special thanks to all who came to our home on November 21 for our open house, and for all who did so much to make that day possible. You blessed us abundantly with your presence and by sharing the joy of our new home. We are so thankful that God has led us to such a wonderful place with such wonderful people.

Numbers 6:24-26,

Bro. Donnie



## Lottie Moon Christmas Offering Calvary Baptist Goal \$ 12,000.00

Reaching the world with the gospel can be like working a jigsaw puzzle – but with half the pieces missing. Wars, disease, political oppression, multiple languages, harsh climates, and religious persecution are some of the obstacles to sharing Christ with unreached people groups. Still that doesn't override the Great Commission that Scripture gives to all those who follow Him. It's this challenge that compels Southern Baptists to go into difficult places and preach the gospel. In Acts 1:8 Jesus commanded us to be His witnesses in Jerusalem, Judea, Samaria, and to the ends of the earth. How will you respond to your mission?

**VOLUNTEERS ARE NEEDED** to help host Interfaith Hospitality families – January 3 thru January 10, 2010. If you can assist with this ministry, please contact Karen Gilmore.



**Baked Potato Bar at 5:45 PM**  
**Movie starts at 6:00 PM**  
**Faith Like Potatoes**  
**Sunday, December 13**  
**Fellowship Hall**  
(more info later)

*The seed for a great miracle,  
lies not in difficulty, but impossibility.*

**Faith Like Potatoes** is an inspiring true story of a rugged South African farmer, Angus Buchan, and is set in the turbulent hills of the KZN Midlands. Angus' manic quest for material success is slowly transformed into a wild love for God and people, as he wrestles with faith, hope, natural disasters and tragic personal loss.