

**PRESCHOOL EXTENDED SESSION**

**10:30 AM WORSHIP (March 15)**

**TODDLERS I:** Cindy Ketron, Beverly Rorrer

**TODDLERS II:** Marilyn Dockery, Peggy Shoemaker

**TODDLERS III:** Lynn Shoemaker, Carolyn Coates

**USHERS (March 15)**

Russell Ratliff, Ralph Young,  
Eddie McDavid, Devie Owens

**GREETERS (March 15)**

Pete & Janice Ham, Gaye Neeley,  
Tony & Renee Queen

**March 2 Visitation - Deacon Representatives**

Tim Bass, Raymond Federwisch

**And the People Came . . . (March 8, 2009)**

Sunday School	149
Bible Study (B. Seymour)	105
Homebound	0
SONshine Seniors Bible Study (Fri.)	12
Total in Bible Study last week	266

**And the People Gave . . . (March 8, 2009)**

Weekly Requirements	\$ 9,573.45
Received March 8	\$ 13,940.04
Designated March 8	\$ 1,052.90

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

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



**Dudley McHugh  
Johnny Robinson**



**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"*



**Calvary Baptist Church  
1238 Pine Street  
Kingsport, TN 37664  
(423) 245-9157**

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

**Vol. LXIX No. 10**

**March 11, 2009**

**Schedule of Ministry**

**Sunday, March 15**

**9:15 AM Bible Study**

**10:30 AM Morning Worship**

**5:00 PM Single & Single Again (Conf. Rm.)**

**5:30 PM The Refinery**

**No Pioneer Club**

**6:15 PM Evening Worship**

**Monday, March 16**

**6:30 PM Visitation**

**Wednesday, March 18**

**6:15 PM Handbells**

**6:30 PM RAs, GAs, & Acteens**

**No Mission Friends**

**6:30 PM Prayer Meeting**

**7:30 PM Choir Rehearsal**

**Friday, March 20**

**SPRING BEGINS**

**11:00 AM SONshine Seniors to Farmer's Daughter**



**Praying for our missionaries from A to Z**

**ZEAL.** Excitement is contagious! Pray that the missionaries' zeal would stir up other Christians to share their faith. *See 2 Corinthians 9:2.*



National Goal: \$ 65 million  
 Our Goal: \$ 5,000.00  
 Amt. given as of 3/8/09: \$ 620.00



**Monday, March 23 - 7 PM**  
**Saturday, April 4 - 9 AM**

(Sign up for breakfast is required; call 245-9157, church office)

**Nursery is provided for all rehearsals.**



Kim & Leigh Dillard, Kelly Dillard  
 in the loss of their mother, Sue Dillard.  
 Our thoughts and prayers are with you.



**Greetings,**

In today's article, I will discuss chronic kidney disease and list some of the causes. Chronic kidney disease (CKD) is defined by the presence of kidney damage and decreased kidney function regardless of the type of kidney disease. Kidney damage is defined as an abnormality, such as protein in the urine, which lasts three months or longer. Kidney function is best measured by estimates of glomerular filtration rate (GFR). If you recall from the last article, a glomerulus is a filtering unit in the kidney. A GFR less than 60 for three months or more indicates chronic kidney failure.

There are many causes of CKD. Diabetes and high blood pressure are the two leading causes. Some conditions are inherited (run in families), while others are congenital; that is people may be born with an abnormality that can affect their kidneys. The following are some of the most common types and causes of kidney damage.

Diabetes is a disease in which your body does not make enough insulin-the hormone that processes sugar- or cannot use normal amounts of insulin properly. This results in a high blood sugar level, which can cause problems in many parts of your body. Diabetes is the leading cause of kidney disease.

High blood pressure is another common cause of kidney disease and other illnesses such as heart attack and stroke. When high blood pressure is controlled, the risk of CKD is decreased.

Glomerulonephritis is a disease that causes inflammation of the kidney's tiny filtering units-the glomeruli. Glomerulonephritis may occur suddenly, for example after a bout of strep throat, and the individual may get well again. However, the disease can also develop slowly over several years and it may cause progressive loss of kidney function.

Polycystic kidney disease is the most common form of inherited kidney disease. It is characterized by the formation of cysts on the kidneys. These cysts enlarge over time and can seriously damage the kidneys or even cause kidney failure.

Congenital diseases may also affect the kidneys. These diseases usually begin with a problem that occurs in the urinary tract when a baby is developing in the mother's womb. One of the most common congenital diseases occurs when a valve-like mechanism in the bladder fails to work properly and allows urine to back up to the kidneys, causing infection and possible kidney damage.

Drugs and toxins can also cause kidney problems. Using large numbers of over-the-counter pain relievers for a long time can be harmful to the kidneys. Certain other medications, toxins, pesticides, and "street" drugs can also cause kidney damage.

The next article will discuss detection and treatment of chronic kidney disease. Until then I pray that God will bless you with good health.

In Him,  
 Barbara Bowling, RN, Parish Nurse

Instrumental Praise Ensemble	
Rehearsal Schedule	
March 15	No Rehearsal
22	Rehearsal 4:50 – 5:30 pm
29	Sunday Morning Service
29	Rehearsal 5:00 – 5:30 pm
April 5	Rehearsal 4:50 – 5:30 pm
8	Special Wed. Rehearsal – 7:15 - 8:15 pm
12	Easter Sunday Morning Service
	No rehearsal Easter Sunday evening

**SINGLE and SINGLE AGAIN**

Members of Calvary Baptist Church will meet Sunday, March 15, 2009 at 5:00 pm, in the Conference Room, for an informal information gathering.

**Due to spring break, next week, Pioneer Club will not meet on Sunday, March 15<sup>th</sup>.**