

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (November 29)

PRESCHOOL I: Phyllis Sipe

PRESCHOOL II: Loretta Mixon, Lois Young

PRESCHOOL III: Crystal Owens

USHERS (November 29)

Hagan Bowen, Chairman

Dave Begley, Bill Little,

Bryan Wilder, Alvin Shoemaker

GREETERS (November 29)

Fred & Sue Luethke

C.B. & Ina Shanks

And the People Came . . . (November 22, 2009)

Sunday School	150
Bible Study (B. Seymour)	104
Homebound	0
SONshine Seniors Bible Study (Fri.)	11
Total in Bible Study last week	265

And the People Gave . . . (November 22, 2009)

Weekly Requirements	\$ 9,573.45
Received November 22	\$ 10,259.14
Designated November 22	\$ 703.64

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

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

IN CONCERT
PRESTON GARNER
SUNDAY, NOVEMBER 29, 2009
10:30 AM WORSHIP
CALVARY BAPTIST

(A special love offering will be taken.)



**SENIOR SINGLES
CHRISTMAS BANQUET**

Thursday, December 17, 2009

6:00 PM

CBC Activities Building

Centerpointe Fellowship and River of Live Baptist Church were accepted under the watchcare of the Sullivan Baptist Association at the annual meeting in October. We ask your continued prayers for these sister churches as they seek to follow God's will.

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

Vol. LXIII No. 48

November 23, 2009

Schedule of Ministry

Sunday, November 29

9:15 AM Bible Study

10:30 AM Morning Worship

5:30 PM The Refinery

5:45 PM Pioneer Club (FH)

6:15 PM Evening Worship

Monday, November 30

6:30 PM Sign Language Class (Rutledge Classroom)

Tuesday, December 1

SBA Executive Board Committee Mtg.
Ft. Robinson Baptist Church

Wednesday, December 2

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 4

12:00 Noon SONshine Seniors Bible Study

Saturday, December 5

8:00 AM Men's Breakfast (FH)

Christians are windows through which Jesus can shine.



Greetings From Your Parish Nurse

Holiday Depression and Stress

Hope in God; for I shall again praise Him, my help and my God. Psalm 42:5-6

The holiday season is a time full of joy, cheer, parties, and family gatherings. However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future.

WHAT CAUSES THE HOLIDAY BLUES?

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses, such as: headaches, excessive drinking, over-eating, and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded with the excess fatigue and stress.

COPING WITH STRESS AND DEPRESSION DURING THE HOLIDAYS

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Make a list and prioritize the important activities. Be realistic about what you can do and cannot do. Appoint a designated nagger who will remind you when you are overdoing it.
- Remember the holiday season does not remove reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different

and can be enjoyed in it's own way. Don't set yourself up in comparing today with the "good old days".

- Do something for someone else. Try volunteering to help others in your church or community. *Presence precedes presents.*
- Enjoy activities that are free, such as driving around to look at holiday decorations.
- Spend time with supportive and caring people. Reach out and make new friends or contact someone you have not heard from for awhile.
- Save time for yourself! Recharge your batteries! Let others share responsibility of activities.
- Take time to reflect on what it is we are celebrating; the birth of our Lord and Savior, Jesus Christ.

Prayer

Lord God, help us to spend time with people who feel forgotten, lonely and over stressed during this Christmas Season and may we share your love and witness your name to others. In Christ's Name, Amen.

Written by Lalla Smalley and the Mood Disorder Treatment Research Program

Blessings,
Barbara Bowling



There are only 7 poinsettias left! The price will be \$5.00 each. Please see Janice Ham or Renee Queen to purchase. This will be on a first come basis.

The RAs, GAs and Pioneer Club have teamed up with Michele Wilder and the Family Resource Center to provide food for families during the Christmas break. We will be collecting family size cereal and oatmeal boxes through the first week of December. Our goal is 150 boxes. There will

be bins at the back of the sanctuary for collecting your donations. If you have any questions, please contact any of the children program leaders.

THANK YOU

I just wanted to say THANK YOU to everyone at Calvary who prayed for me while I was ill. I have been back at school for over a week now, and I am caught up with all of my school work from being absent. I know that it was through the prayers of everyone that I was able to recover and finish all of my work so quickly...THANK YOU! I miss everyone so much especially the children, and I cannot wait until Christmas at Calvary.

Love y'all!
Elizabeth Brannen

Instrumental Praise Ensemble Rehearsals

Sunday, Nov. 29	No Practice	
Sunday, Dec. 6	4:45 pm	Rutledge Class
Sunday, Dec. 13	4:45 pm	Rutledge Class
Sunday, Dec. 20	4:45 pm	Rutledge Class
Sunday, Dec. 27	No Practice	
Sunday, Jan. 3	4:45 pm	Rutledge Class
Sunday, Jan. 10	4:45 pm	Rutledge Class

MISSION OPPORTUNITY

As we approach the Holidays, it is a time to think of needy families. Jose Zepeda, Pastor of Agua de Vida, asks you to consider making Christmas a special holiday for some of his church families. Most of the members have limited resources and four children recently arrived from Mexico. If you would like to contribute, please contact Pastor Jose Zepeda at 423-753-9927 or josezepeda@embarqmail.com.