

**PRESCHOOL EXTENDED SESSION**

**10:30 AM WORSHIP (March 22)**

**TODDLERS I:** Carolyn Wood, Wilma Washington

**TODDLERS II:** Matt Smith, Amy Bowling

**TODDLERS III:** Nathan Bowling, Angie Smith

**USHERS (March 22)**

Ellis Smith, Chairman  
Chris Bass, Tony Queen,  
David Raden, Pete Ham

**GREETERS (March 22)**

John Thomasson, Edith Buck,  
Wilma Washington, Raymond Federwisch

**April 6 Visitation - Deacon Representatives**

Hagan Bowen, Curtis Johnson

**And the People Came . . . (March 15, 2009)**

|                                     |     |
|-------------------------------------|-----|
| Sunday School                       | 125 |
| Bible Study (B. Seymour)            | 127 |
| Homebound                           | 0   |
| SONshine Seniors Bible Study (Fri.) | 14  |
| Total in Bible Study last week      | 266 |

**And the People Gave . . . (March 15, 2009)**

|                     |             |
|---------------------|-------------|
| Weekly Requirements | \$ 9,573.45 |
| Received March 15   | \$ 8,859.50 |
| Designated March 15 | \$ 1,242.00 |

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 is invited to the 2009 Easter Drama, "Savior," presented by Higher Ground Baptist Church. There will be scenes from the triumphant entry on a donkey into Jerusalem, the healing ministry of Jesus, the crucifixion, the resurrection, the second coming on a white horse, heaven's throne, and much more. Presentations will be on Friday, April 10 at 7:00 pm, and Sunday, April 12 at 6:00 pm.

"BUT HE WAS **PIERCED** FOR OUR  
TRANSGRESSIONS, HE WAS **CRUSHED**  
FOR OUR INIQUITIES;  
THE PUNISHMENT THAT BROUGHT  
US PEACE WAS UPON HIM,  
AND BY HIS **WOUNDS**  
WE ARE **HEALED.**"



**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. 11

March 18, 2009

**Schedule of Ministry**

**Sunday, March 22**

9:15 AM Bible Study  
10:30 AM Morning Worship  
5:30 PM The Refinery  
5:45 PM Pioneer Club  
6:15 PM Evening Worship

**Monday, March 23**

7:00 PM Cantata Rehearsal

**Wednesday, March 25**

6:15 PM Handbells  
6:30 PM RAs, GAs, Acteens & Mission Friends  
6:30 PM Prayer Meeting  
7:30 PM Choir Rehearsal

**Thursday, March 26**

6:30 PM Pauline Martin Bible Study (CH)

**Friday, March 27**

12:00 Noon SONshine Seniors Bible Study (CH)





National Goal: \$ 65 million  
 Our Goal: \$ 5,000.00  
 Amt. given as of 3/15/09: \$ 645.00



EASTER CANTATA REHEARSALS

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.



### New Additions to Media Library

**A Lady of Hidden Intent** by Tracie Peterson. Given in memory of Laura Sturgill, sister of Mae Sparks, by TEL Sunday School Class.

**A Tale of Two Sons** by John MacArthur

**DVD – *Seasons of the Heart***

The library will be having a weeding sale of books (children and adult), videos, a few cassettes, etc. from Sunday, March 22, 2009 for two weeks. The items will be on display in the fellowship hall, nothing over \$1.00. All proceeds will be returned to the Library Designated Account.



### Greetings,

In this last article on kidney disease, I will discuss detection and treatment. Early detection and treatment of chronic kidney disease are the keys to preventing kidney failure. Some simple tests can be done to detect early kidney disease. They are:

- blood pressure monitoring
- a test for protein in the urine. An excessive amount of protein in your urine may mean that your kidney filtering units have been damaged by disease. A single positive result could be due to a fever or heavy exercise, so your doctor will want to confirm your test over several weeks.
- an estimate of your glomerular filtration rate. Your doctor can use the results of your blood creatinine test, along with your age, gender, and body size to calculate your GFR. This will show how much kidney function you have.

You may have increased risk for kidney disease if you:

- are age 65 and up
- have diabetes
- have high blood pressure
- have a family member who has CKD
- are African American, Hispanic American, Asian, Pacific Islander or American Indian

Many kidney diseases can be treated successfully. Careful control of diseases like diabetes and conditions like high blood pressure can help prevent kidney disease or keep it from getting worse. Sometimes CKD progresses to kidney failure, which requires dialysis or kidney transplantation.

Kidney disease usually affects both kidneys. If the kidneys' ability to filter the blood is seriously damaged by disease, waste material and excess fluid may build up in the body. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, kidney disease has a number of warning signs:

1. High Blood Pressure
2. Protein and/or blood in the urine.
3. A GFR less than 60.
4. More frequent urination, particularly at night; difficult urination.
5. Puffiness around the eyes, swelling of the hands and feet.

If you have any of these warning signs, you may want to ask your doctor to do further testing.

You can find more information about kidney disease online at the National Kidney Foundation at <http://www.kidneys.org/atoz>

Blessings,  
 Barbara Bowling, Parish Nurse

| Instrumental Praise Ensemble |    |   |
|------------------------------|----|---|
| Rehearsal Schedule           |    |   |
| March                        | 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      |



### EASTER LILIES

We will be placing Easter Lilies in the sanctuary “In Memory Of” and “In Honor Of”. The lilies are in a 6” pot with 5 to 7 blooms per plant. If you are interested in purchasing, please see Renee Queen or Janice Ham. The cost is \$5.00.