

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (August 16)

PRESCHOOL I: Cindy Ketron, Beverly Rorrer

PRESCHOOL II: Marilyn Dockery, Peggy Shoemaker

PRESCHOOL III: Lynn Shoemaker, Carolyn Coates

USHERS (August 16)

Russell Ratliff, Ralph Young,
Eddie McDavid, Devie Owens

GREETERS (August 16)

Alvin & Jennifer Shoemaker, Bill Orrick,
Brian & Julie Shoemaker

August 17 Visitation - Deacon Representatives

Aaron Carroll, C.B. Shanks

And the People Came . . . (August 9, 2009)

Sunday School	169
Bible Study (B. Seymour)	100
Homebound	10
SONshine Seniors Bible Study (Fri.)	12
Total in Bible Study last week	291

And the People Gave . . . (August 9, 2009)

Weekly Requirements	\$ 9,573.45
Received August 9	\$ 12,401.94
Designated August 9	\$ 725.00

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

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

Singles Fellowship

“SOARING SOLO WITH THE SAVIOR”

Gravelly Baptist Church

August 27, 2009

7:00 p.m.

Registration deadline: August 17

To register, call the SBA office, 348-8010 or email,

office@SullivanBA.org

Attendance is Free & Childcare will be Provided



*Homebound Member
of the Week*

Please say a prayer, send a card, call, or visit our member listed below.
Let them know you love and care about them, see if they have a need.
You will bring sunshine to their day!

Bob Harber
3728 Apple Grove Circle
Kingsport, TN 37664
246-1717

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*

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August 12, 2009

Schedule of Ministry

Sunday, August 16

9:15 AM Bible Study

10:30 AM Morning Worship

5:30 PM *The Refinery*

6:00 PM Pioneer Club Teachers & Planning (FH)

6:15 PM Evening Worship

Monday, August 17

6:30 PM Visitation

Wednesday, August 19

6:15 PM Handbells

6:30 PM Older RAs, RAs, Acteens, GAs

6:30 PM Prayer Meeting

7:30 PM Choir Rehearsal

Thursday, August 20

6:30 PM Pauline Martin Bible Study (CH)

Friday, August 21

12:00 Noon SONshine Seniors Bible Study

*A Christian is an ambassador
who speaks for the King of kings.*



Greetings,

As summer winds down and school starts, back we need to take good care of our bodies in order for us to perform at our highest level. Shirlene Booker with the University of Tennessee Extension Office offers us the following advice on the importance of eating breakfast.

“Breakfast is the most skipped meal of the day but it is the most important meal of the day.

What does “*breakfast*” mean? Break-the-fast. Our bodies have been asleep for eight hours; therefore, our bodies have been fasting. When we skip breakfast, we are literally forcing our bodies to run on empty. Our bodies soon scream, “give me some help!” Therefore, eat breakfast and refuel your body.

When we eat breakfast, we.....

- Increase our ability to learn
- Consume an average fewer calories than those who skip breakfast
- Help stabilize our blood sugar
- Reduce the risk of heart disease
- Increase our ability to concentrate
- Improve mental functions
- Help reduce fatigue and risk of accidents
- Reduce our appetite for the rest of the day

Make time for breakfast by.....

- Getting up fifteen minutes early
- Placing work by the door
- Planning what to wear the next day
- Locating lost shoes and other items needed in the morning
- Packing lunches and refrigerating items that could spoil
- having a variety of breakfast foods on hand

Getting enough protein for breakfast increases the feeling of fullness, delays feelings of hunger, and helps curb the urge to snack. Protein sources include milk, eggs, whole-grain cereal or other high protein cereal, leftover meat, peanut butter, and cheese.

Quick and healthy breakfast ideas:

- Ready-to-eat, whole-grain cereal
- Quick-cooking, hot cereal
- Whole-grain toast with peanut butter, milk, and fruit
- Sandwiches (grilled cheese, peanut butter, or another favorite)

- Banana dog (peanut butter, banana and raisins on a long whole-wheat bun
- Leftover pizza”

Just as we need physical nourishment to grow and mature, we also need spiritual nourishment to be able to grow into the person Christ wants us to be. I encourage you to feed on God’s word every morning and to receive the spiritual nourishment that comes from spending time with Him.

Blessings,
Barbara Bowling, RN, Parish Nurse



Have you ever wanted to share the love of God with kids and have lots of fun doing so?

Do you enjoy finding new ways to experience Christ in Every Aspect of Life?

THEN WE NEED YOU IN PIONEER CLUB!

Pioneer Club Teachers and Planning Meeting will be Sunday, August 16 at 6:00pm. Everyone is invited to come find out what the excitement is all about!

JUST A REMINDER!

2010 Budget Requests were mailed out this week. They need to be completed and returned to the church office by Friday, September 11th.



Kingsport Area Food Ministry (Angel Food Ministry) On-Line orders accepted thru August 16. Go to www.angelfoodministries.com to order.

THURSDAY, AUGUST 27, 2009

Sunday School University

Heritage Baptist Church, Johnson City

6:45 – 8:45 pm

www.equipping.org



Mark These Dates on Your Calendar

- August 23** 4:00 PM Debbie & Frances Recital
5:00 PM Church-wide potluck dinner
- August 24** Appalachian Christian School opens
- August 30** PM Service – Crosswise Concert
- Sept 1** 10:00 AM SBA Executive Board @ Calvary
- Sept 2** 5:30 PM Choir Cookout (CH)
- Sept 6** Lord’s Supper
- Sept 7** Church office closed for Labor Day
- Sept 25** Youth – Jeremy Camp Concert at V. Hall
- Oct 4** Youth – Pledge to Purity Conference, J. City
- Oct 10** Youth – Haunted Forest – Wise, VA
- Oct 25** Church Picnic @ SBA Retreat Center
- Oct 31** Harvest Fest
- Nov 1-4** Revival
- Nov 20-21** Youth – Hearts on Fire – Gatlinburg
- Dec 10** Senior Singles Dinner



SUNDAY, AUGUST 23, 2009

4:00 PM Concert by Debbie Johnson & Frances Mooney

After the concert, we will have a potluck supper in the fellowship hall. Please bring a covered dish (enough for your family plus one) to share. The hostess committee will provide desserts. Drinks and paper products are provided by the church.