

PRESCHOOL EXTENDED SESSION

10:30 AM WORSHIP (March 8)

TODDLERS I: Crystal Hill, Stacy Barton

TODDLERS II: Tim Bass, Michele Wilder

TODDLERS III: Dallas Ratliff, Crystal Owens

USHERS (March 8)

Waymon Ferrell, Chairman

Bill Orrick, Carl Cumbow, Aaron Carroll

GREETERS (March 8)

Fred & Sue Luethke, Jess Bowling, Gary Coates,

C.B. & Ina Shanks

March 16 Visitation - Deacon Representatives

Tim Bass, Raymond Federwisch

And the People Came . . . (March 1, 2009)

Sunday School	133
Bible Study (B. Seymour)	110
Homebound	0
SONshine Seniors Bible Study (Fri.)	10
Total in Bible Study last week	253

And the People Gave . . . (March 1, 2009)

Weekly Requirements	\$ 9,573.45
Received March 1	\$ 9,290.02
Designated March 1	\$ 1,974.99

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

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

*Christian Love and Sympathy to
Kathy Carver and family upon the
loss of her father,
Carson Perry.*



National Goal: \$65 million
Our Goal: \$5,000.00
Amt. Given as of 3/1/09: \$400.00

**April 2009 Angel Food Menus are available
from the church office, 245-9157.
Deadline to order is Thursday, March 12.
Online orders are accepted thru March 15.**

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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Schedule of Ministry

Sunday, March 8

- 9:15 AM Bible Study
- 10:30 AM Morning Worship
- 5:00 PM Finance Committee (Rutledge Class)
- 5:30 PM The Refinery
- 5:45 PM Pioneer Club
- 6:15 PM Evening Worship

Tuesday, March 10

10:00 AM Bertha Smith Circle

Wednesday, March 11

- No Handbells
- 5:30 PM Wednesday Meal (FH)
- 6:30 PM RA's, GA's, Acteens & Mission Friends
- 6:30 PM Business Meeting
- 7:30 PM Choir Rehearsal

Friday, March 13

12:00 Noon SONshine Seniors Bible Study (CH)

**Calvary will be host to Interfaith Hospitality families
Sunday, March 15 thru Sunday, March 22.
If you can help with this ministry,
please contact Karen Gilmore.**

Praying for our missionaries from A to Z

YIELDEDNESS. Pray that the missionaries would yield themselves completely to the will of God. *See Matthew 26:39.*

HOSTESS HAPPENINGS

Our next Wednesday Meal will be March 11th at 5:30. The menu: Lasagna, Salad, Bread, Dessert and Drink. **Deadline for reservations will be Monday, March 9.** Cost: Adults - \$5.00; Children (ages 4-10) - \$4.00; Children 3 and under - free.



Tuesday, March 31
West Colonial Hills Baptist Church
6:00 pm to 8:30 pm

Call Tony Ellis at 239-9911
for more information or email at
tony@wchbc.org.

The clinic will include break out sessions for
 *all rotation teachers. A:Z School Supply will
 also be there with lots of decorating materials to
 choose from.

Call Tony if your church needs
Club VBS TruthTrek training

*There will be no training for Adult VBS, Youth VBS or
 Recreation rotation.



Greetings from Your Parish Nurse,

The US Department of Human Services Office of Disease Prevention and Health Promotion has designated the month of March as National Kidney Month. During the month I will have articles with information about the kidneys and kidney disease in the newsletter.

Your kidneys perform crucial functions that affect every part of your body. Many other organs in our bodies depend upon the kidneys to function normally. The kidneys perform complex functions that keep the rest of the body in balance. When the kidneys become damaged by disease, your body's other organs are affected as well.

Most people know that the major function of the kidneys is to remove waste products and excess fluids from the body in the form of urine. The production of urine is a highly complex process of excretion and reabsorption. This process is necessary to maintain a stable chemical balance in our bodies.

In addition to producing urine, your kidneys also regulate your body's salt, potassium, and acid content and produce a variety of hormones that affect the way your other organs function. One hormone produced by the kidneys stimulates the production of red blood cells. Others help to regulate your blood pressure and help your body process calcium. In addition to these functions, your kidneys also:

- Remove waste products from your body
- Remove chemicals from your body
- Balance your body's fluids
- Produce a form of vitamin D that promotes strong, healthy bones.

You have two kidneys, each about the size of a fist, located on either side of your spine at the lowest level of the rib cage. Each kidney contains up to a million units called

nephrons which consist of a filtering unit of tiny blood vessels called a glomerulus. On an average day the kidneys will filter about 200 quarts of fluid. Two quarts will leave your body in the form of urine, the other 198 quarts are recovered and reused by your body.

I am always in awe of our Creator when I study the human body and see how each part is designed to work together in order to function as a whole. Let this be an example to us, the body of Christ.

Blessings,
Barbara Bowling, RN, Parish Nurse.

Copies of Calvary Baptist Church proposed by-law changes are available from the church office, 245-9157. These changes will be voted on at the March 11 Business Meeting.



Monday, March 23 - 7 PM
Saturday, April 4 - 9AM
 (Sign up for breakfast is required; call
 245-9517, church office)
Nursery is provided for all
rehearsals.



Set your clocks FORWARD 1 Hour before going to bed on
Saturday, March 7, 2009. Don't forget or you will
be an hour late for church!