

# CRABTREE VALLEY BAPTIST CHURCH



## THE VALLEY ECHO

June 19, 2023

Please mail all correspondence to: P.O. Box 30954, Raleigh, NC 27622  
Church location: 4408 Lead Mine Rd Raleigh, NC 27612 Phone: (919) 781-5345  
Email: [cvbc@crabtreevalleybaptist.org](mailto:cvbc@crabtreevalleybaptist.org) Website: [www.crabtreevalleybaptist.org](http://www.crabtreevalleybaptist.org)  
Church Office hours: Monday-Thursday 9am-3pm (closed on Friday)



Vacation Bible School  
Wednesday evenings  
from 5:30-8pm

**Starts this week, June 21!**

Bible Stories, Crafts, Science and Live Animals. Invite your friends and neighbors! There are flyers and registration forms in the lobby.

Please see Cheryl Walker if you would like to volunteer for any or all nights!



**Sunday, June 25**

This Sunday we will again welcome Ms. Taylor Edwards as our guest speaker. Taylor is a graduate divinity student at Campbell Divinity School.

### Church office information:

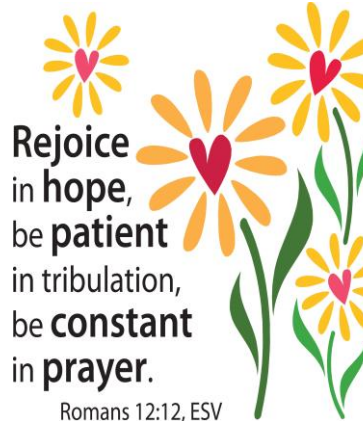
Music Director • Risa Poniro

Secretary • Peggy Utley

Youth Director • Anna Clark

Website updates/maintenance

[webmaster@crabtreevalleybaptist.org](mailto:webmaster@crabtreevalleybaptist.org)



Rejoice  
in hope,  
be patient  
in tribulation,  
be constant  
in prayer.

Romans 12:12, ESV

## THOUGHT FOR THE WEEK

On the website Prayer and Possibilities, writer Kathryn Shirey talks about the seven reasons it is important to have a consistent prayer life. I want to share these seven reasons with you this week and maybe her words will inspire us all to make sure we are communicating with Christ each day.

**#1: Prayer is important because it sets the tone for the day, or it can change the tone for the day.**

How do our days usually start? Do we start by thinking about all that needs to be done or the things we are leaving undone at home? Praying helps us start the day with praise and focus on God, and not other things. We can also ask God to help us through the day.

**#2: Prayer is important because it helps us make better decisions.** By praying, we can allow ourselves to calm down when we have a difficult decision to make. It is much easier to make better decisions when we are doing it with a calm mind rather than a stressed mind.

**#3: Prayer is important because it keeps God in the forefront of our minds, not forgetting Him until Sunday.** Because of our busy schedules, it is very easy to forget to do things. We don't forget them because we want to, we forget them because our minds are too busy. Praying helps keep us focused on God.

**#4: Prayer is important because the more we pray, the stronger our relationship becomes with God.** Just like any relationship, the more we communicate together, the closer we become. If we don't communicate with one another, we will lose touch. Prayer keeps us in touch with God.

**#5: Prayer is important because it disciplines our hearts to submit to God.** Prayer should become a natural part of our lives. If we pray each day, it will help us make that a part of who we are.

**#6: Prayer is important because we have to ask God for help in our prayers for Him to help us.** We know that God knows what we need, but when we ask Him for what we need, it helps us remember that He is our provider. A friend of mine used to say to me, "ask for what you need." This is so true with God.

**#7: Prayer is important because it allows God to transform our hearts.** When we pray, our hearts are softer and God is able to mold us into the person He wants us to be. Prayer is important and we need to communicate with God so our relationship with God continues to grow.

Peace and Blessings... Rev. Johnny Richards  
(reprinted from June 2022)

## Weekly Church Calendar

### EACH SUNDAY

9:45am Sunday School  
11:00am Worship Service  
2:00-5:00pm Point Church (Filipino)

### EACH WEDNESDAY

9:00am-12:00pm Hope Pantry is open  
6:30pm Children and Youth Mission groups  
6:30pm Bible study & Prayer meeting

### EACH THURSDAY

7:30pm Gamblers Anonymous

### SECOND & FOURTH TUESDAY

6:30pm Tarheel Toastmasters

### MONTHLY

Young Hearts Fellowship



### SHARE THE SONSHINE

#### Person of the Week for June 18-24

Betsy Shaw  
4910 Morehead Dr  
Raleigh, NC 27614

**Deacon for this week:** 6/18 Iva Snyder

**Deacon for next week:** 6/25 Gene Sherwood

**Properties for June:** David Jenkins



## Office Hours

**Thursday, June 22**

Please note the church office will close at noon this Thursday.



## Prayer Concerns:

### HOME:

Barbara Best (had a bad fall)  
Faye Hayes (on-going health concerns)  
Charles Allard (recovering from heart cath)  
Frances Viano  
Sandi Robinson  
Walt Switzer  
Jane Williams  
Jetta Lewis

### REHAB & CARE FACILITIES:

Anne Barden – Oak Hill Asst Living in Angier  
Catherine Mullins – Sunrise of Cary  
Betsy Shaw – Group Home/Assisted Living: Val's Place

### OTHER:

Sonshine Person of the Week

## PRAYER REQUESTS

While we are not meeting weekly for Wednesday Night Prayer and Bible study this summer, please keep in touch with your Deacon about any concerns you may have. If you want to be added to the prayer list, you may call or email the church office directly. We will continue to have weekly prayer cards that will be signed during our Sunday school time.



The need for our Hope Pantry is greater than ever. In the last 2 weeks we have provided food for over 30 people, and last month it was close to 70! Listed below are items we are currently in need of. We also welcome monetary donations to offset the costs that our volunteers spend to keep things stocked.

Soups, tomatoes, green peas, corn (we have plenty of green beans)

Canned or instant potatoes

Chicken, tuna, spam

Crackers (saltine, ritz, etc)

Peanut butter and jelly

Fruit (cans or cups)

Rice, Ramen noodles, cereal

*We also offer these items as they can't be bought with food stamps: Soap, toothbrush/paste, toilet paper, and shampoo, travel sizes are fine.*