

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

June 26, 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 Website: www.crabtreevalleybaptist.org
Church Office hours: Monday-Thursday 9am-3pm (closed on Friday)



Dr. Bill Duke will be our guest speaker for July 2 and July 9

Dr. Duke earned his Masters of Divinity from Southeastern Baptist Theological Seminary. He has served as pastor of several churches in NC and Virginia.



**Wednesday evenings
from 5:30-8pm**

*June 28, July 5, July 12
& July 19*



**The church office will be
closed Tuesday, July 4th.**

The office will also be closed the week of July 17, except for Wed morning, for the Pantry.

Church office information:

Music Director • Risa Poniro

Secretary • Peggy Utley

Youth Director • Anna Clark

Website updates/maintenance

webmaster@crabtreevalleybaptist.org



DON'T TAKE A VACATION FROM CHURCH

THOUGHT FOR THE WEEK

We are approaching the time when folks will take vacations. Graduations will be taking place this week, and some have already taken place. It is time for rest and relaxation from the stress and difficulties of the school year. For some, this will be the first time to get away since the pandemic began. It is good to be able to get away. Some people feel guilty about taking a break in life. We shouldn't. Even Jesus had to take a break and rest at times. We all want to be superhuman, but we are not. We need to take care of ourselves.

In an article from justbetweenus.org, Pete Briscoe and Patricia Hickman share about the times when Jesus just needed a break and some rest. There are five different times they speak of this. (1) **Jesus took a break after he fed the 5000.** (Matthew 14:22-23) That must have been a tiring time, both physically and mentally. Having a little food and making it stretch to feeding everyone, with some left over. He was tired and he needed to be away from even His disciples. So He sent them in the boat and he went to the mountain to pray, and rest. (2) **Jesus took a break before making a big decision.** (Luke 6:12-13) Before Jesus called the disciples, He needed to go away and pray, to make sure He made the right choices. (3) **Jesus took a break after a heavy period of ministry.** (Mark 6:30-32) After hearing all the disciples had done, and realizing they had not had a chance to rest, Jesus told them to come with Him and rest. Our bodies do grow weary and tired and we need to rest. None of us can do all we do without taking time for ourselves. (4) **Jesus took rest when He'd had enough of people.** (Mark 7:24) This may sound strange, but there were times when Jesus was done with people for a little bit. It did not mean he did not love them and care about them, he had just reached his people limit. It happens. Even the biggest extrovert needs a little time from people. (5) Finally, **Jesus took a break when he was about to face an intimidating task.** (Luke 22:41) As Jesus knew He was about to be betrayed, arrested and crucified, He went out to pray. He needed to be alone. Sure, He took three disciples with Him, but He needed to get away and pray.

As you can see, even Jesus needed to take a break and rest. However, the one thing He did do, even in His rest, was stay connected to the Father. This summer, as you understand the importance of resting and renewing your energy, do it staying connected to God. Make sure you read your Bible, pray and do the things that keep you close to God. Even in our rest, we need to find our strength. Until next week..

Peace and Blessings...
Johnny

(reprinted from June 2021)

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

Share the Sonshine is an outreach ministry. We can all be a part of this ministry by praying for these individuals, sending cards, making phone calls or a visit.

Person of the Week for June 25 – July 1

Anne Barden – Room 106
Oak Hill Assist. Living
9767 NC 210 North
Angier, NC 27501

Deacon for this week: 6/25 Gene Sherwood

Deacon for next week: 7/2 Barbara Best

Properties for July: Ben Best



7/12 Jean Glosson
40 Bashford Rd 27606

7/23 Darrell Jenkins
3101 Cartwright Dr 27612

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 available for signing on Sunday.



The need for our Hope Pantry is greater than ever. In recent 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.