

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

October 9, 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)

PASTOR'S SCHEDULE

Pastor Duke is in the office on Wednesday afternoons and is available to meet with you if you would like to make an appointment. You can set up an appointment by calling or texting him at 336-344-0575 or emailing at whdukejr@gmail.com.



Fun for Seniors

**Young Hearts Lunch
Friday, October 27**

Pam's Farmhouse

5111 Western Blvd, Raleigh

Sign up in the lobby.

Meet there at 11:00am.

— STAYING — CONNECTED

If you're unable to attend our Worship services, you can watch the weekly Virtual Worship Service on Sundays at 11am.

<https://www.crabtreevalleybaptist.org>

Church office information:

Pastor • Dr. Bill Duke

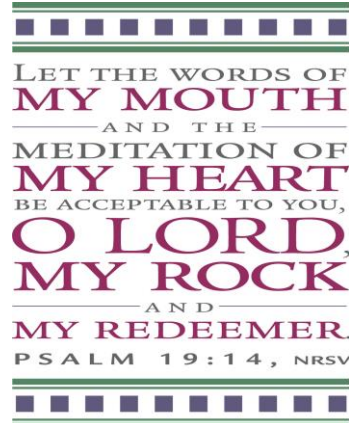
Music Director • Risa Poniros

Secretary • Peggy Utley

Youth Director • Anna Clark

Website updates/maintenance

webmaster@crabtreevalleybaptist.org



A WORD FROM YOUR PASTOR

Another way to have disciplined Bible intake in our lives is to meditate on God's Word daily. Meditation is both commanded by God and modeled by the Godly in Scripture. For instance, Genesis 24:63 says, "And Isaac went out to meditate in the field in the evening." Psalm 63:6 says, "I think of thee upon my bed, and meditate on thee in the watches of the night." God speaks to people who are willing to listen to Him. The Psalms virtually sing of the meditations of the people of God upon the law of God: "My eyes are awake before the watches of the night, that I may meditate upon thy promise" (Psalm 119:148). Psalm 1 calls all people to emulate the "blessed man" whose "delight is in the law of the Lord, and on his law, he meditates day and night" (Psalm 1:2).

Meditation is deep thinking on the truths and spiritual realities revealed in Scripture for the purposes of understanding, application, and prayer. Meditation boldly calls us to enter the living presence of God for ourselves. Richard J. Foster wrote, "The desire to hear God's voice is a gift of grace. Anyone who imagines he can simply begin meditating without praying for the desire and the grace to do so, will soon give up. But the desire to meditate, and the grace to begin meditating, should be taken as an implicit promise of further graces."

- A. Read Joshua 1:8 and see the Promise of Success
- B. Read Psalm 1:1-3 for God's Promises to those who meditate on Scripture.

Here are a few suggestions to help you learn to meditate upon Scripture:

- C. Find a place that is quiet and free from interruption.
- D. Find a position of posture that is the most comfortable and the least distracting.
- E. Center the attention of the body, the emotions, the mind, and the spirit upon "the glory of God in the face of Christ" (II Cor. 4:6)
- F. Select an Appropriate Passage
- G. Repeat It in Different Ways
- H. Rewrite It in Your Own Words
- I. Look for Application of the Text
- J. Pray Through the Text
- K. Don't Rush – Take Your Time!

It is better to read a small amount of Scripture and meditate on it than to read an extensive section without meditation. Read less if necessary, so that you can meditate more.

So then, hearing, reading, studying, memorizing, and meditating on God's Word helps take in the Bible so that we can grow in godliness.

Blessings, Bill Duke

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 and 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 Oct 8-14

Betsy Shaw
4910 Morehead Dr
Raleigh, NC 27614



Sunday, October 29th

5th Sunday Benevolent offering.

Please come prepared to give to this offering, write benevolent on your check and/or envelope.



Children's Fall Festival

Wednesday, November 1
6:30-8:00pm

Prayer Concerns:

HOME:

Margaret Martinez
Faye Hayes (on-going health concerns)
Frances Viano
Sandi Robinson
Walt Switzer

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

HOSPITAL:

Jim Weaver – Duke (getting medications adjusted)
Christian Altman (Carolyn's son) Wake Med

OTHER:

Sonshine Person of the Week



Operation Christmas Child

Shoebox deadline is Sunday, Nov 12th.

We have boxes, labels and brochures with packing instructions available for pickup in the lobby.

OCTOBER EVENTS



Sunday, October 15

Deacons meeting

Friday, October 27

11:00am – Young Hearts lunch
at Pam's Farmhouse

Sunday, October 29

5th Sunday Benevolent offering

Properties for October: Whitt Stallings