

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

January 22, 2024

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

WEDNESDAYS WITH BILL

Every Wednesday afternoon in January I will be in the office from 2:00pm on. I would like for you to schedule a 45 minute visit with me by calling Peggy at the church office (919-781-5345) and setting up an appointment. I want to get to know you better and ask that you help me with this. I look forward to our time together. Bill



Young Hearts

We will be meeting next month on Wednesday, February 21 at 11:00am at Cape Fear Seafood restaurant located at 832 Spring Forest Rd. Make plans to join us!



A WORD FROM OUR PASTOR

Have you had your annual physical? I hope so for taking care of your body is part of what it means to being faithful to God's creation in you. I've often heard it said and know it to be true---the body and soul are close neighbors and what affects one affects the other. But how about this--have you had your annual spiritual? Every bit as critical and important. At the start of a new year but really at intervals as frequent as each day a "checkup" is always a good thing.

Back in the 18th century Ignatius of Loyola came up with what has now been called the "daily examen." (Google it) In it he gives a framework for what a daily spiritual may invite and I heartily recommend it to you. It is often the last thing I bring to my soul before going to sleep at night. There are different words ascribed to it but it basically calls for you to at the end of the day give consideration to the following:

- *Give thanks to God for what you've experienced that day
- *Ask grace to recognize sins and move on from them
- *Review the day and where you experienced God
- *Ask pardon for the day's faults
- *Resolve: What are you going to do next?

So how is your spiritual health? A good "daily spiritual" is good for the soul. Hope yours finds you healthy and well.

Brave Journey,
Bill

Church office information:

Interim Pastor • Dr. Bill Slater

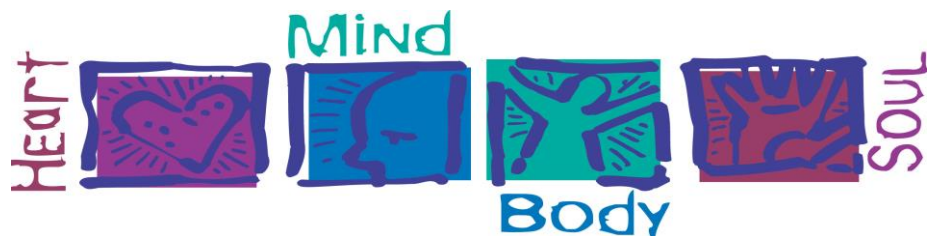
Music Director • Risa Poniro

Secretary • Peggy Utley

Youth Director • Anna Clark

Website updates/maintenance

webmaster@crabtreevalleybaptist.org



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 Jan 21-27

Catherine Mullins – Rm 316
Sunrise of Cary
1206 W. Chatham St
Cary, NC 27513

Properties for February: Randy Walker



Upcoming Sermons

January 28

It's All in Your Mind
Philippians 4:4-9

February 4

Everything Happens for a Reason
Deuteronomy 30:19-20

February 11

God Won't Give You More Than You Can Handle
1 Cor. 10:13, Psalm 91:14-15

Prayer Concerns:

HOME:

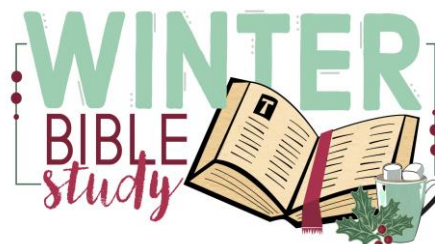
Sandi Robinson
Freeda Poniros
Jim Weaver
Margaret Martinez
Faye Hayes (on-going health concerns)
Frances Viano
Walt Switzer

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

OTHER:

Sonshine Person of the Week



Start the new year off right by joining us for our weekly **Wednesday night Prayer and Bible study at 6:30pm.**

We are currently working through the book **“12 Truths & A Lie, Answers to Life's Biggest Questions”** This book offers scriptural insights and practical advice to help readers navigate life's toughest challenges.



FEBRUARY BIRTHDAYS

- | | |
|------|---|
| 2/1 | Ellian Jenkins Buck
132 Rand Road 27603 |
| 2/5 | Iva Snyder
11404 Dunleith Dr 27614 |
| 2/14 | Catherine Mullins
Sunrise of Cary – Rm 316
1206 W. Chatham St
Cary, NC 27513 |
| 2/20 | Elizabeth Gyori
2620 Constitution Dr 27615 |