

SAM

SEASONED ADULT MINISTRY
SERVING THE GREAT

I AM

FBC TRUSSVILLE

MARCH 2023

WE WERE SAVED AT THE
OUTRAGEOUS EXPENSE OF A
LOVE THAT COULD NOT CEASE
AND WOULD NOT ABANDON US.

Calvin Miller

Jesus Christ...

*but emptied Himself,
taking the form of a bond-
servant, and being made in
the likeness of men. Being
found in appearance as a
man, He humbled Himself
by becoming obedient to
the point of death, even
death on a cross.*

Philippians 2:7-8

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This newsletter is prepared and emailed monthly by and for 55+ adults of First Baptist Church Trussville, Alabama. Suggested information to be included in an upcoming SAM newsletter may be emailed to sam.news@fbctrussville.org. Printed copies will be available at the church Welcome Center and Events Center.

HE COULD HAVE CALLED 10,000 ANGELS

To destroy the world and save Himself. But He did not! Wow. Why not?

Let's go straight to the bottom line. Jesus is the Son of God. He is Immanuel, God with us. God sent His beloved son Jesus down to earth as a man, with a plan and a purpose. Jesus loves the Father and gave His human life in obedience to His Father. We must never forget that Jesus is so much more than a mere man and yet He experienced life on earth as a man.

Oh how He loves you and me ... so much so that He was willing to suffer and die a horrible death on the cross to save us from the curse of our sins. He was buried and rose to Heaven on the third day. Believing all this ... that He is the Way, we admit that we are sinners and confess our sins, asking for His forgiveness. Then we commit our lives to Him. Only then are we to one day join Him in Heaven.

Those who passed by were yelling insults at Him, shaking their heads, and saying, "Ha! The One who would demolish the sanctuary and build it in three days, save Yourself by coming down from the cross!" In the same way, the chief priests with the scribes were mocking Him to one another and saying "He saved others; He cannot save Himself!" Mark 15:29-32

"How illogical their challenge! Was not Jesus himself enduring his dark hours by means of his faith? Jesus did not play at faith No, Jesus died and somehow proved his faith not by coming down from the cross, but by staying on it. ... This is ever the way. Crosses are not the places where faith is killed but where it is proven. Jesus went on believing that God loved him. That's precisely the reason he would not come down. If he had come down, he could not have finished the work God had given him to do. How fortunate that Jesus did not come down from the cross.... Christ died that we might live. By not saving himself, he could save us." The Christ of Easter, by Calvin Miller

As we "March" toward Resurrection Sunday, would you pause with me to pray for revival in our own hearts and in the world. Who is He to you? My prayer is that when April comes we will be experiencing Easter, dancing with joy, singing in complete awe of Him, and praising Him with the lasting vitality God loves to hear from us.

CLICK [HERE](#) to listen to the Collingsworth Family as they sing He Could Have Called 10,000 Angels.

Bob



HE SO LOVED ME

Written by Janice Shelton

He so loved me even though I was so lost.
He looked down at me and saw who I was,
Not a murderer or a thief,
But a soul wandering through life, so burdened with unbelief.

He so loved me and so sought me
And He held a place for me in His heart,
Patient, waiting for me to repent
And to help me redeem the time so ill spent

As I so indulged my wants and traveled so alone
A path of selfish whims, chasing a foolish dream
That was my undoing, when I could have all along
Walked so closely to Who now so fills me with Heaven's song.

He is Who He is, the King of Kings, the Lord of Lords, the One
Who so completed the work in me and knows that I am not done,
Not finished, but so ready to be led by His hand, redeemed by His grace,
So ready to be what He wants me to be until I see Him face to face.



THANK YOU GOD FOR SENDING YOUR SON

Written by Richard Hitchcock

There's no "exactly" about who Jesus is. Earthly explanations will always fall short. In John alone (who began his gospel with Jesus being the LOGOS; ponder that) are seven "I AM" statements of Jesus. The other gospels have further descriptions, as do the epistles. And, while we consider Jesus being God as the cornerstone of Christianity, it was some one hundred and fifty years after Jesus' resurrection that the term Trinity was first used and it took the church some 300 years, at the Council of Nicaea, to get to the point where Jesus was co-equal, and co-everything else with the Father. It was also there where the Holy Spirit was included within the godhead, too, creating the Trinity as we now believe. The wonderful reality is that this enigmatic person, Jesus, the "radiance of God's glory", having one foot in heaven and one on earth, came to earth to allow us to, thankfully, ditch all the above and simply relate to him as a man.

M3 FALL PREVENTION PROGRAM

**Tuesday, March 7 • Gym
11:00AM-2:00PM • \$35**

Sign up is in time slots of 30 minutes:
limited space

*For those 65+: Movement, quality of life
and fall assessment/prevention.*

We are living longer, becoming more active, and doing activities like playing pickleball! These are all great things and highlight the importance of the quality of life. Unfortunately, 1-in-4 older Americans will "report" a fall each year and their reporting often depends on if they must get medical attention or explain away a bruise. Rightfully, we value our independence and mobility plays a big role in this.

How many of us are aware of our fall risk or how that risk can impact our quality of life? While many of us have a solid plan for retirement, how many of us have a health and wellness plan to compliment the financial piece?

At M3Performance and Physical Therapy, we see movement as an experience and not as a task. Our clients have been able to live more active lives by learning about their limitations and then addressing them. We have developed a quality of life and fall prevention program focused on those in our community age 65 and older. M3's focus is to help our community: Move Well, Live Well and Do Amazing Things.

Our Fall Program Includes:

- 1. Quality of Life Assessment**
- 2. Fall Risk Assessment**
- 3. Data Review (discussion of results)**
- 4. Follow-up Planning**

BILLY GRAHAM'S NEW SUIT

What a gentle, kind, just, and true legacy this one man will leave!

In January 2000, leaders in Charlotte, North Carolina, invited their favorite speaker, Billy Graham, to a luncheon in his honor. Billy initially hesitated to accept the invitation because he struggles with Parkinson's disease. But the Charlotte leaders said, "We don't expect a major address. Just come and let us honor you." So he agreed.

After wonderful things were said about him, Dr. Graham stepped to the rostrum, looked at the crowd, and said, "I'm reminded today of Albert Einstein, the great physicist who this month has been honored by Time magazine as the Man of the Century. Einstein was once traveling from Princeton on a train when the conductor came down the aisle, punching the tickets of each passenger. When he came to Einstein, Einstein reached in his vest pocket. He couldn't find his ticket, so he reached in his other pocket. It wasn't there, so he looked in his briefcase but couldn't find it. Then he looked in the seat by him. He couldn't find it.

The conductor said, 'Dr. Einstein, I know who you are. We all know who you are. I'm sure you bought a ticket. Don't worry about it.' Einstein nodded appreciatively. The conductor continued down the aisle punching tickets. As he was ready to move to the next car, he turned around and saw the great physicist down on his hands and knees looking under his seat for his ticket.

The conductor rushed back and said, 'Dr. Einstein, Dr. Einstein, don't worry. I know who you are. No problem. You don't need a ticket. I'm sure you bought one.' Einstein looked at him and said, 'Young man, I too, know who I am. What I don't know is where I'm going.'

Having said that Billy Graham continued, "See the suit I'm wearing? It's a brand new suit. My wife, my children, and my grandchildren are telling me I've gotten a little slovenly in my old age. I used to be a bit more fastidious. So I went out and bought a new suit for this luncheon and one more occasion. You know what that occasion is? This is the suit in which I'll be buried. But when you hear I'm dead, I don't want you to immediately remember the suit I'm wearing. I want you to remember this: I not only know who I am, I also know where I'm going.

Don't worry about dying,
you will live forever.



All you have to worry
about is Location,
Location, Location.



OCTOBER 16-19, 2023

CELEBRATORS CONFERENCE

REGISTRATION COMING UP

April 1 (registration begins)

Celebrators Conference • Pigeon Forge, TN

The Lodge is reserved for our stay!

Make plans now to join us.

Watch for more information coming soon!

EDITOR'S NOTE: It was just announced that our 39th President of the United States, Jimmy Carter "has gone home from the hospital with hospice care." At 98 years old, he is the longest-living American President in the nation's history. As we here at FBCT recognized President's Day and all our nation's leaders on February 20, we prayed for President Carter and his family. I've had the opportunity to briefly meet President Carter, and I do believe he would like this Billy Graham story. He is a fellow believer and a man with a sense of humor! Judy Bryant

LOOK WHAT'S HAPPENING

FIRST MONDAY PRAYER FOCUS

Monday, February 6 • 10:00 AM • Chapel

Meet in the Chapel or stop wherever you are and join us in prayer.

Email prayer requests to Sam.prayer@fbctrussville.org



And when they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit and began to speak the Word of God with boldness. Acts 4:31

FIRST THURSDAY: MEN PRAYING for their ONE

First Thursday of every month
6:30 am • Worship Center



FIRST THURSDAY: LADIES PRAYING for their ONE

First Thursday of every month
12:30pm • Room D147

JOYFUL HEARTS REHEARSALS

FIRST & THIRD Thursdays OF EVERY MONTH
10:30 AM • Fellowship Hall

SAM VOCAL BAND REHEARSALS

(Men's Southern Gospel Group)

Wednesdays • 4:55PM • Room D144



ANNIE ARMSTRONG TEA (for Missions)

Sunday, March 5 • 3:30PM • Gym

Tea, fancy hats, and learning about Annie!
Tickets \$15; For more information contact sueannrichards215@gmail.com

M3 FALL PREVENTION PROGRAM

Tuesday, March 7 • 11:00AM-2:00PM • \$35 • Gym

Sign up is in time slots of 30 minutes: limited space
For those 65+: Movement, quality of life and fall assessment/prevention.

Register [HERE](#)

MEN'S 6:11 BREAKFAST

Thursday, March 9 • 6:11AM • Gym

Invite a friend and join us.

EDIBLE EDUCATION

Friday, March 10 • 11:30AM • Fellowship Hall

Speaker: Kendell Jno-Finn with M3 Performance
And Physical Therapy

Building your personalized health & wellness plan.

Reservation required. \$6

Register at [HERE](#) or

call Kathy Bowman at 205-228-1000

SPRING FORWARD

Time change? Sunday, March 12th!

Set your clocks forward 1-hour

Before you go to bed Saturday, March 11th.

SCIENCE & GOD'S CREATION

Sunday, March 12 • 4:30 & 6:00PM • A200

A look into deep space with NASA Engineer, Jim Odom.

This event is sold out. Call the church office at
205-655-2403 to get on the waiting list.

Visit the Event Center for ticket returns.

ST. PATRICK'S DAY

Friday, March 17

SAM MONTHLY LUNCHEON

Thursday, March 23 • 11:30AM • Gym

Our guest will be Brother Billy Bob Bohannon, Opelika Musician and Comedian.

\$7 per person (if you did not purchase 2023 SAM meal ticket)
Reservations required.

Call SAM office at 205-228-1006 OR

Email sam.reservation@fbctrussville.org



SPRING BREAK FOR TRUSSVILLE SCHOOLS

Monday, March 27 – Friday, March 31, 2023

PRAYER JOURNEY SCHEDULE 2023

Thank you to all Prayer Warriors who faithfully pray for my safety as I travel and who agree with me in Prayer. My next trip is March 26-30 right here in Alabama. Denny Rogers

• HOW TO BE •

SAM with KEN LASS **SATIONAL!**

Throughout the last two millennia, Christ believers have felt the need to do some sort of preparation for the celebration of Easter. The commemoration of the rising of Jesus from the tomb, his victory over sin and death, seems to inspire His followers to come up with a demonstration of faith, something above and beyond the usual, something special.

For some denominations, the forty days leading up to Easter are known as the season of Lent. This is a time during which they determine to make some kind of sacrifice, generally in the form of "giving something up." Adults, for example, might refrain from watching television, or getting on social media, or eating at restaurants. Some may fast or pause sexual relations. Children might be asked to give up candy or their favorite toy.

While it is always appropriate to do things that honor and praise God, I can't help thinking it's a bit of a shame that it requires a special occasion or time of year to motivate folks to do so. Many of these gestures are done out of a sense of "owing" something to Jesus. The danger is that, once the act is done, once the season is over, we may have a tendency to feel the debt is paid. We are then free to return to whatever convenient compartment of our lives we allot for God.

First Corinthians 6:20 states "You were bought at a price. Therefore honor God with your bodies." It's not so much that we owe God something, it's that we are owned by Him. As His property, we should be making an effort to be demonstrably obedient to Him all the time, not just during the run-up to Easter Sunday. What does that look like? Are we never supposed to indulge ourselves? Never treat ourselves to something pleasurable?

Of course we can, so long as it is something that would not be outside of the will of God. Maybe, instead of "giving something up for Lent," we could use this time to begin a process of changing our lifestyle, to make an adjustment that will have lasting impact. Instead of not watching TV, how about deciding to forego some of those programs that glorify sex, violence and profanity. Instead of quitting social media, why not start using it for ministry and comfort to the troubled. Rather than giving up that sumptuous meal at your favorite restaurant, how about taking one of those orders to a friend who can't leave home?

And stop thinking of it in terms of being an obligation. When you do something to bring a blessing to your spouse, or your child or grandchild, you don't do it because you feel you "owe" it to them. You do it because it brings them joy, which, in turn, brings you joy. Our relationship with God should work the same way, only more so.

You get the idea. Maybe we don't observe the season of Lent, at least not in any formal way, but there's nothing wrong with the concept of using the days and weeks leading up to the glory of Easter Sunday to begin a transformation, or to improve one already in progress. Let's try to think of it as being the start of something permanent, something tangible.

After all, to the faithful believer, every day is Easter.



Holy Week 2023



Palm Sunday, April 2

The Sunday before Easter; Jesus' triumphal entry into Jerusalem, riding on a donkey. Zechariah 9:9



Holy Tuesday, April 4

Jesus foretells of the great tribulation times to come. Matthew 24-25



Maundy Thursday, April 6

(from Latin word "mandatum" or command)
Marks the "new commandment" that His disciples love one another as He loved them.



Foot Washing, Matthew 26:17-75

After the meal, Jesus laid aside his outer clothes, wrapped a towel around his waist, and washed the disciples' feet,



Holy Saturday, April 8

The seventh day of week, when Jesus rested in the tomb. Luke 23:54-56



Holy Monday, April 3

Jesus sent out the merchants from the Temple, turned the tables; cursed the fig tree. Matthew 21:12-22



Holy Wednesday, April 5

Judas arranged the betrayal of Jesus with the chief priests. Mark 14:10



The Last Supper Mark 14:12-25

Jesus shared with His disciples, the prediction of His death, His betrayal by Judas Iscariot, and His arrest.



Good Friday, April 7

Jesus' trial before Pontius Pilate; His death sentence, torture, crucifixion, death, and burial. Matthew 27:1-62



Sunday, April 9

RESURRECTION Sunday - Jesus is Alive!
He is Risen ... He is Risen Indeed
Matthew 28:1-13



LADIES, LET'S DO THIS AGAIN!

There is just nothing like getting together with the girls, is there?! Our WHY HER Women's Conference on Friday-Saturday, January 27-28 was let's just say ... refreshing! What a joy it was to gather in worship with 217 ladies, of all ages. Many thanks to the conference leaders: Mary Beth Baccus, Susan Hornsby, Angela Jones, Katy Kinard and Diane Poole for the love and time they spent for a very well planned and "not without its bumps and bruises" conference. The music was worshipful, the food and door prizes fun. Our speaker, Nicki Koziarz, in her own words, is just a real farm girl; in fact, I'd love to see her Fixer Upper Farm, with all its cows, horses and donkeys in beautiful North Carolina. She might not have been our initial choice as speaker (and we continue to pray for Whitney Capps who was scheduled to speak but fell ill at the last minute), but God worked all that out and turns out sometimes what HE wants is THE best! Nicki was delightful and insightful. She brought the study of sisters Rachel and Leah to life in a sometimes humorous and always truthful dialog. (Genesis 29-31)

We know from experience that comparing ourselves to others can be dangerous and unhealthy, with all its imaginings, assumptions, and judgments. Satan loves that. Nicki asked two questions:

What's it going to take for you to say "It is well with my soul?"
When is the last time you have felt overwhelmed by God's tangible presence in your life?

Nicki urged us to remember these things. Your experience is YOUR experience; God does not put someone else's mail in your mailbox. You are a Child of God; your identity is in Christ. Yet not I but Christ in me. Stay in Truth. Allow God to be your God. God is in charge of the plan; you are in charge of your obedience!



FIFTH SUNDAY HYMN SING

About 150 of us gathered on a rainy Sunday afternoon, January 29, to sing and hear some of the best old songs of our faith. Gayle Glenn played and we were surprised when Danny Garrett shared with us his musical talents at the piano. Our SAM Vocal Band did another great job for us. If you've not had an opportunity to come to one of our Hymn Sings, join us next time. How sweet the sound!



H..E..R..E..!..S JOHNNY!



He loved to “play” Johnny Carson with his brother when they were little. He’s behind a curtain, little brother announces “Here’s Johnny”, the curtain opens and there’s Johnny ... well not the real Johnny, but none other than Jonathan Harbison! He also loved dressing up bow tie and all as the old TODAY SHOW man ... remember him, Bryant Gumbel. Jonathan Harbison loves broadcast journalism, has since the age of five and does it well now on the evening news for WBRC FOX 6, serving as investigative reporter and a Managing Editor. He’s a musician too ... plays drums in the orchestra at Shades Mountain Baptist Church where he and his wife, Crystal and their three sons are members.

What a pleasant and interesting speaker for us on Thursday, January 26 at our SAM Monthly Luncheon. Jonathan said he is blessed to be able to work at his calling and to work in the old WBRC building on top of Red Mountain. The one that looks like an old Georgia mansion with the big red WBRC letters on top ... an icon in the Birmingham area; and the building has the huge antennas running to it. He took us on a video tour of that building where WBRC 6 has been broadcasting in Birmingham for 70 years: 24/7. There’s lots of history in that building and touring the newsrooms was a treat. Jonathan said communication is the key for those working in the newsroom; talking to each other is critical (sounds like good advice for all of us doesn’t it)! The Q&A time was interesting, though this writer must admit that all the talk about digital this and computerized that went right over my head. One of the questions from our audience was whether he ever got “stuck” without words when he went “live” on TV. He said no, but that he did say some pretty dumb things at times. That’s why his microphone is always off; he must assume it is “on” or he might just get caught -- oops!

WINTERING IN LAKE YALE, FLORIDA!

For the last ten years Bob Smith has co-emceed with his friend Jeff Cleghorn the Florida Baptist Convention Senior Fest Conference at Lake Yale, Florida; this year the event was February 5-8. The last three years a small group of our seasoned adults have attended.

The conference includes messages from several pastors, workshops, fun and games, and special musical guests including opportunities to hear our own Bob Smith. He led us in a Hymn sing, and there were a couple of solo’s along the way. One of the seminars was related to social media for our generation which had many useful tips for passwords, email, and social security. Bob and Jeff led us in music and those Christian Bingo games we played.

It is a good eight-hour drive and Donald “Duck” Leopard got us there and back safe and sound. The eight hours went by relatively quickly because there may have been a Rook marathon, but that could be just a rumor. You see what happens at Lake Yale stays in Lake Yale.



Not receiving our SAM newsletters? How do you prefer to receive our newsletters each month? By email and/or paper copy mailed to you? If you haven’t already or you need to update your preference, please contact Debbie Arrington in the SAM Office at 205-228-1006 or email at debbie@fbctrussville.org. Everyone for whom we have an up-to-date email address will receive the newsletters by email; however, if you prefer to have a paper copy mailed to you each month, let Debbie know. We will be happy to mail one to you!