



APRIL 2024

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing
breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summers wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

Written by Joyce Kilmer (1913)

Seasoned Adult Minister: Bob Smith
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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.

I DID IT ON ACCIDENT

No doubt, we've all heard that line! Many times, it actually was "on accident," but it is certain that God's creations were "on purpose"! His plan was and still is perfect; no coincidences. You all know I am always making plans, but not one single one has been anywhere near the complete, detailed plans of God.



It is no accident, for instance, that God created trees on the third day, then man on the sixth day. From Genesis 1 to Revelation 22, there's no doubt about the importance of trees and their roots in God's plans. In Revelation 22:16 Jesus reminds us, "For I am the root and the offspring of David, and the bright and morning star."

Ahhh. And now tis the season when we can rest under the canopy of a big ole shade tree. There we can feel a cool breeze as we lean on a sturdy trunk; we hear the song of the birds and rippling of water in a nearby stream; perhaps we'll have a picnic and enjoy the sustenance God provides us. What quiet repose and peace for our souls has God planted for us.

In the August 2023 wildfires, the town of Lahaina on the Hawaiian Island of Maui lost close to 25,000 trees, leaving 300 viable. According to a recent ABC news report, the iconic Lahaina Banyan tree, heavily scorched, just might survive. The tree has quite a substantial place in the history of Lahaina.

This beautiful tree was brought to Maui by missionaries from India 150 years ago on April 24, 1873. Since last year's fire some 8 months ago, the tree has been constantly cared for and fed by local arborists who volunteered time and resources to save the tree.

Dennis Swanberg said of banyan trees in his book *Planting Shade Trees: Among other fascinating characteristics, this legendary tree puts down aerial prop roots. ... As the branches of a banyan tree grow out from the original trunk, they send new roots straight down from the limb to the ground. Those ground-grabbing roots act as props for an ever-expanding network of branches.*

Let me connect the dots. Jesus said in John 15: 3-5 (KJV)
Now ye are clean through the word which I have spoken unto you. Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can you, except ye abide in me. I am the vine, you are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me you can do nothing.

"There are two gifts we should give our children; one is roots and the other is wings." Linda Springfield submitted this beautiful reminder. As we strive to provide our children with their physical family tree and ancestry records, may we also plant that shade tree for them that covers them with their spiritual ancestry tree, from Jesus (the roots) to the day we ourselves became a member of His family. Like the banyan tree, they'll need those roots to spread their wings.

Bob



WHEN I WAS A KID

By Sue Richards.

CAN YOU GUESS WHO THIS LOVELY YOUNG LADY IS?

She was born in Alabama.

You'll find the answer on the last page of the email or website editions of this Newsletter.



WE NEED TO KNOW THIS

By Alan Taylor.

We have a Legacy Foundation available to us here at FBCT. We asked Alan Taylor to write a description of the program for those who might be unaware.

The Legacy Foundation is a program set up whereby members of our church can leave a Kingdom impact gift as a specialist helps them walk through their end of life strategies of wills, powers of attorney, and advance directives.

This is a free service to church members and their only cost would be final review and recordings by a lawyer once these are complete. Members can call or email me at the church and I will set them up with a representative from the Alabama Baptist Foundation who will help them with the process.

Our Legacy Fund is in an account at the Baptist Foundation and can be used for our church's future missions, building improvements or maintenance. I will be glad to give more details.

Alan Taylor
Email: alant@fbctrussville.org
Office: 205-655-2403
Cell: 205-936-2305



SMILE AWHILE

Family Trees: "My ancestry goes all the way back to Alexander the Great," said one lady. She then turned to a second woman and asked, "How far does your family go back?"

"I don't know," was the reply. "All of our records were lost in the flood."



• HOW TO BE •

SAM with KEN LASS

with KEN LASS

Ernestine Shepherd of Baltimore, Maryland earned her way into the Guinness Book of World Records by competing in her first women's bodybuilding competition at the age of 71. Some days she runs for ten miles, and then works out at the gym. All before the crack of dawn.

German-born Philipa Raschker, 67 years old, has won 71 gold medals at the World Masters Athletics Championships in track and field.

Ernie Andrus of Los Angeles recently participated in a 200 mile overnight run. He is 89 years old.

To folks like me, who have been known to pull a muscle just sitting up in bed or reaching for the TV remote, those accomplishments seem other worldly. And perhaps they are. But they are extreme examples of what we seasoned adults can do if we push ourselves a bit. At my gym there are always a few elder gentlemen working the equipment furiously. Despite hovering around 80 years of age, they can show off clearly defined bicep and chest muscles. They have six-pack stomachs that make me green with envy. When I ask them for their secret, they always say "just don't ever stop. Keep challenging yourself."

As we get older, retire, and get accustomed to enjoying the good life, it's easy to stop challenging ourselves. I'm not just talking about athletics. Sometimes we decline to put forth the effort to stay sharp mentally, to become involved socially, and to be active in executing our Christian walk. In the twelfth chapter of the book of Hebrews, the author writes "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us".

Sometimes I just feel too tired and weary to run the race. Sometimes I feel like the world is going to seed and there's nothing I can do about it. Sometimes I find myself profoundly disappointed in human beings. I've raised my kids. Worked hard over many decades to earn my retirement. It's time to shift into coasting mode. Relax a while. Let the world come to me for a change.

Do you ever feel like that? Like it's just getting too hard to continue to actively seek out God's will for your life and execute it? Like there's too much adversity, too many hurdles and barriers to overcome? Maybe it would be helpful to take note of Galatians 2:2, which says "I presented to them the gospel that I preach among the Gentiles. I wanted to be sure I was not running and had not been running my race in vain."

That's really the heart of it right there. Turns out the challenge is the reward. The task gives us purpose. The effort supplies some sort of meaning to our existence. To just coast through the remaining days God provides for you without an active Christian walk is to "run your race in vain." God is not finished with us. You are still here for a purpose.

So pray hard, worship hard, and keep searching for ways to serve God's kingdom. We may not be able to enter bodybuilding competitions anymore, but we can certainly do our part to strengthen the body of Christ.



May the light you leave
illuminate the path for others.

LOOK WHAT'S HAPPENING

Are you praying for a family member, a friend, a co-worker, or a neighbor? We invite you to come and pray with others. Oh, the power of prayer. For where two or three are gathered together in my name, there am I in the midst of them.

Matthew 18:20

FIRST MONDAY PRAYER FOCUS

April 1 • 10:00 AM • Room D139

First Monday Events following at 11:00AM

Email prayer requests to

Sam.prayer@fbctrussville.org



FIRST MONDAY EVENTS

April 1 • 11:00 AM • Lunch following

Dr. Johnny Fain

FIRST THURSDAY: PRAYING for their ONE

April 4 • Room D139

Men @ 6:30 AM • Ladies @ 12:00 noon

Share the first name of your "ONE" and any information you wish by email: pray41@fbctrussville.org



JOYFUL HEARTS REHEARSALS

Every 1st & 3rd Thursday • 10:30AM • Fellowship Hall

If you're 55 and up, you are invited!

SAM VOCAL BAND REHEARSALS

(Men's Southern Gospel Group)

Wednesdays • 4:30PM • Room D139



SAM LADIES ENSEMBLE REHEARSALS

First & Third Thursdays • 9:00AM • D139

6:11 BREAKFAST

Thursday, April 11 • 6:11AM • Gym

For all men & boys; come join us!

EDIBLE EDUCATION

Thursday, April 11 • 11:30AM • FH • \$6

Guest speaker: Jennifer Cole Conn

"Happy Hormones 101"; how to have happy, healthy hormones at any age with food & lifestyle choices.

Please register [HERE](#)

DISCOVERY CLUBS BENEFIT CONCERT

Sunday, April 21 • 4:00PM • Worship Center

Three all male music groups:

Pre-show: SAM Vocal Band (FBCT)

FEATURE: Warblers & 6th Avenue Baptist Men of Distinction

SAM MONTHLY LUNCHEON

Thursday, April 25 • 10:30AM • Gym • \$7

Special Guest: Donna McGuffie

2018 Ms. Senior Universe

Singing 50's & 60's tunes

Call SAM office for reservations if you do not have a Meal card.

MONDAY MYSTERY EXCURSION

Monday, April 29 • 8:00AM to 9:00PM

Cost: \$100 per person (includes 2 meals, charter bus, sight seeing)

Register at [HERE](#)

May 1: Registration for North Carolina Christmas Event Opens

And, COMING IN JUNE!

5th ANNUAL LELAND DOCKERY TRIBUTE CRUISE-IN

Saturday, June 1 • Put it on your calendar

YOU WON'T WANT TO MISS THIS EVENT!

Fun for the whole family!

Over 250 Vehicles • Classic • Hotrod • Vintage • Show Vehicles • Food trucks • FREE Admission • FREE vehicle registration

No, this car won't be at our event, but isn't she a beauty!

She's on display at the Nat'l Naval Aviation Museum, Pensacola, FL

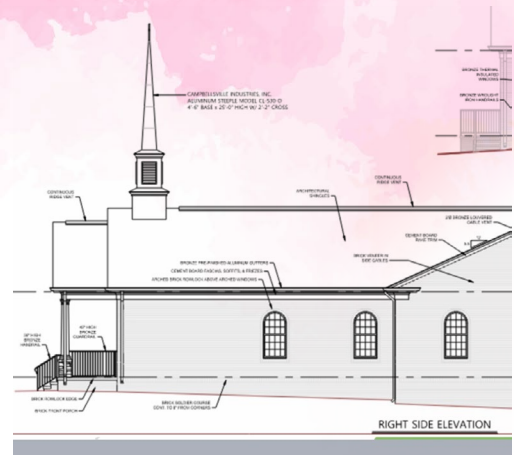


MEN ON MISSION 2024

Annual Mission Construction Project

By Craig Copham.

All men ages 12 and up, gather your hammers, tool pouches, tape measures and gloves and plan to join us as we head to Taylor (Greenville area), South Carolina on Saturday, June 8 and return on Saturday, June 16. We will be helping with a rebuild of the 4,000 sq. feet, 220 seat Camp Creek Baptist Church, which was heavily damaged by fire last summer. The church was 75 years old. New plans are drawn and it's about time to begin.



There will be another interest / planning meeting toward the end of April.

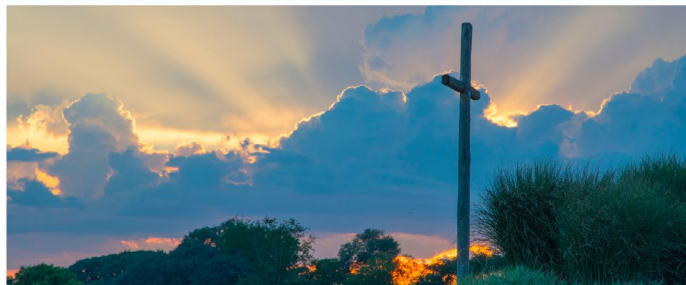
For more information, please contact Craig Copham at 205-427-8935 or cacopham@southernco.com. Also, let Craig know if you would like to be added to the email list to receive MOM updates.

CHECK THIS OUT!

There is a new Missions Newsletter posted each month on both the Church Missions website page and on the Missions wall in our gathering space. Take a look. Great place to find just the place to serve our Lord, and to keep up with how our church is supporting missions all around the world!

What is Missions?

Volume 3



Missions - the vocation or calling of a religious organization, especially a Christian one, to go out into the world and spread its faith.

We are called not only to know Him but also to make Him known to others. It is a simple mission; we allow Jesus to use us to be fishers of men.

This means we willingly use our new life in Him to benefit and share with others.

The Great Commission of Christ is to spread

Reflection

-What does missions mean to you?

-How are you serving your community?

-What would make you a better

how great is it to live
under a sky
that is repainted
every day
by the greatest artist

EARTH DAY: APRIL 22

Our focus will be on all God's creations and how we take care of them. It's all quite fascinating, especially as earth and all life on it relates to His creations in the heavens.

A total Solar Eclipse will take place on Monday, April 8, 2024, visible across North America and dubbed the Great North American Eclipse. "A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness." The four minute total eclipse will appear near the Mexican town of Nazas, Durango; only a partial eclipse will be visible in other areas in Canada, United States and Mexico. There will not be another total eclipse visible in the contiguous U.S. until August 23, 2044.

2024 ANNIE ARMSTRONG TEA

By Sue Richards.



We walked into the gym filled with beautifully set tables and music by Alex Jones on the violin. Alex is the son of Angela and Tom Jones, grandson of Becky and Carl Grimmatt and Mike and Connie Jones. What a blessing!



Ginger Cornelius taught us about Annie Armstrong and how hard she worked to gain support for Home Missions. Annie never gave up. Annie's secret, Ginger said, was "God." She gave her life to Him. Ginger reminded us of a song by the Gaithers: Little is much when God is in it.

Edna Foshee blessed us with singing "You Say". All the ladies held hands across the gym... all ages from little girls to great grandmothers... worshipping our great God. [CLICK HERE](#) to listen to Lauren Daigle singing "You Say"

Our talented women decorated 30 tables to create a beautiful setting for 230 women to enjoy delicious food prepared by Suzie Burkett. Chris Chambers, our Minister of Missions joined us this year and offered our blessing. Approximately \$4,600 was raised for our FBCT Easter offering.

The Tea was a great time of fellowship. One young mom told me our Annie Armstrong Tea has become a tradition for her and her two teenage daughters. They share the event with friends who have younger girls. They love wearing their hats and pearls. We saw many more ladies wearing hats this year than last year. Hats are fun!

On this year's Planning Team were Suzie Burkett, Ginger Cornelius, Diane Bowser, Judy Stinson, Karen Jackson, Sandra Vinson and Sue Richards. Janet Barnes was a huge help on Saturday when the Hostesses came to set up their tables. Of course, Jamie Chappell was our fearless leader who made things happen behind the scenes. It's a lot of work, but a labor of love.

Young men from our Student Ministry helped unload boxes from cars to help our ladies set the tables on Saturday and young ladies served tea during the event. The guys were Trace Barlok, Jacob Mullinax, and Jack Erwin. The gals on Sunday serving tables were: Reece Johnson, Kate Willoughby, Marley James, Elli Ann Askins, Sedona McKinney, Sawyer Moore, and Taylor Morrison. Tips on the tables were donated for these students' summer mission trip.

Smiling faces, hugs and laughter made the day a success! Betty Haisten said "God was certainly honored." That is the goal of the Annie Armstrong Tea party... to honor God.



AN OVERVIEW OF KNOW WEEKEND

By Richard Bailey.

KNOW Weekend was a five-part class on March 2nd and 3rd. The featured keynote speaker and teacher was Dr. Jamie Dew, President of New Orleans Baptist Theological Seminary. Dr. Dew addressed many issues facing Christianity today with the overarching goals: TO STRENGTHEN AND TO DEFEND! Following is an overview of what was covered. A detailed study guide is available that will be helpful to anyone reviewing the material, regardless of whether you attended the conference. NOTE: We covered the modules in the following order: Module 4,2,1,5, and it is strongly recommended that you follow suit if you did not attend the conference!

Module 1, Life After Death

Christianity affirms that we survive our death, but it is a complex and challenging concept. Atheists dismiss resurrection and life after death as wishful thinking and a coping mechanism. How do you explain something that no one has experienced in modern times?

Module 2, The Existence of God

Do we have a model that explains God's existence? Dr. Dew discusses various arguments and models that support the premise of God's existence and the role of a divine being in the creation of the universe.

Module 3, Deity and Sufficiency of Christ

Dr. Dew delivered the Sunday morning sermon and discussed questions faced by Christians and non-believers throughout life.

Module 4, The Relevancy of Christ

Dr. Dew discusses the Bible's impact on issues we face today, just as it was pertinent to the matters faced by our parents', grandparents', etc. generation.

The concept of "God of the Gaps" (refers to the time in the past when there was a tendency to simply plug God in for anything that we could not explain) was discussed. As science progressed, that concept changed; God seemed less and less relevant. The long-term impacts of that worldview were discussed.

We delved into how the Bible satisfies our deepest longings.

Finally, Christianity provides a logical order and foundation for science.

Module 5, Problem of Evil

This is a review of theodicies (defenses of God's goodness and omnipotence during times of evil) and how they compare to the Bible narrative.

Also, how to minister to those who are suffering. Weep with those who weep, be in the moment (probably the most crucial subject matter of the entire seminar).

The Next Step – Final Observations and the Way Forward

Many people attended KNOW Weekend, representing a cross-section of FBCT. There were the well-seasoned, the mid-lifers, the young families, and the students. A wide variety of people with different needs but asking the same question at the end of the day: What now, and how do I apply all of this stuff?

I have struggled with writing this review over the past few days as witnessed by numerous revisions. Applying this information is deeply personal and complex, sometimes beyond my grasp. Eventually, what cracked the code for me was to step back and look at this information and how it impacts me and the others surrounding

me. I reminded myself of when I have been most effective. It was not just what I knew but the connection with others, be it family, friends, acquaintances, etc. Within that paradigm, my focus gravitates to Module 4 because it addresses relevant issues within my family and explores the larger issue of why many are turning their back on religion and becoming "Noners" (people who check the box marked "None" when asked what religion they are). There are other modules I find interesting and will probably explore in the future, but this one best addresses the socialization, or lack thereof, of Christianity.

MEREDITH'S PSALM

Written by Ann Havicus for her granddaughter, as if her granddaughter wrote it herself.



The Lord is my shepherd, I shall not want.
He has been with me all the days of my life.
From my days as a baby when I choked on a banana, until
now
He has been my protector and my shield.

He blessed me during my teenage years with friends who
loved me.
He was with me during tryouts and times of worry.
He led me to Samford and later found a way for me to study
in London.
He made a way for me when there seemed to be no way.

He made me dwell in safety as I sky dived and swam in cold
waters.
He led me with abundant lovingkindness and protection
while far from home as I traveled all over Europe.
He surrounded me with His favor and put gladness in my
heart.

He led me through my job search by placing people in my
path who helped me.
He surrounded me with good people as I joined the work
force.
He went before me and found a wonderful roommate in
Nashville.
And winked when He delivered a college friend within hours
of me moving to a new town.

When another job found me in great distress and my head was
often bowed,
He poured knowledge into my head that would prepare me for
a better job.
Some scorned my Lord and the Bible in front of me.
I knew He would not abandon me tho my head was often
bowed in distress.
He gave me strength to go day after day and learn skills that
would benefit me in my next job.

He led me to a better job with Christian people who would be
encouraging and helpful.
I am filled with thanksgiving for the skills I acquired in my old
job that enabled me to be qualified for my new job.
He has blessed me with many new Christian friends who fill me
with joy!
He has instructed me in the way He chooses.

He is the defense of my life; because of all He has done for me,
I will feel no dread or fear, for I have seen what He has done in
my life.
He conceals me in the palm of His hand.
And I will walk with Him and sing praises to Him all the days of
my life.

THERE'S MORE...

**SEE MORE NEWS IN THE ELECTRONIC VERSIONS (EMAIL AND CHURCH WEBSITE) OF THIS NEWSLETTER.
CHECK IT OUT AT www.fbctrussville.org, ON THE SAM MINISTRY PAGE.**

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!

AFFECTED BY DEMENTIA? YOU ARE NOT ALONE

By Judy Bryant.

On Tuesday, March 19, our SAM Leadership Team and others had an opportunity to join 190 attendees at a Lunch & Learn event held at Vestavia Hills Methodist Church. This event, and others being held in our area just like this one, are designed to offer helpful information to those who are affected by dementia, whether a caregiver or other support person. We had the opportunity to meet and fellowship with caregivers, support groups from other churches, and indeed even some folks in the beginning stages of dementia themselves.

The conference speaker, Natali Edmonds, board-certified Geropsychologist and Founder of Dementia Careblazers, highly qualified, spoke from experience, and she was excellent. Her own mother, and now her father, have faced dementia and its effects.

Many questions were addressed.

Is it too early for me to be concerned about myself or my loved one as we fear an onset of dementia and where can I get helpful information?

Are there support groups available for the caregiver, as well as the loved one with dementia?

Where can I find assistance as a caregiver with supplies, medicines, special needed equipment, and the like?

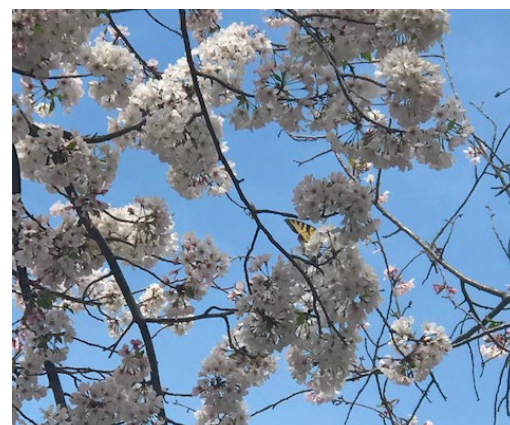
What is an appropriate response to certain times that leave both I and my loved one frustrated?

Who can I call?

These and many other questions were addressed. The one thing our speaker asked us all to remember: YOU ARE NOT ALONE. She shared some real, practical, doable suggestions for both the patient and the caregiver. Learn more about Natali and her work in the area of dementia at www.careblazers.com



HAPPY BIRTHDAY to all our Seasoned Adults born in Spring months. We pray you have a bluebird sky kind of day! We snapped a shot of the beautiful trees blooming along the side of our church during Holy Week. Just for fun, can you spot a visitor on the limbs?



REGISTRATION OPEN NOW FOR TWO EVENTS:

Find all the details you'll need on the church website under Events.

www.fbctrussville.org/events

There are brochures available at the Event Desk.

SAM MONDAY MYSTERY EXCURSION

Monday, April 29 • 8:00AM to 9:00PM

CELEBRATOR'S CONFERENCE 2024

October 14-17 • Pigeon Forge, TN



HELP NEEDED!

Are you a SAMer who loves to dabble in photography? Then this opportunity to serve is for you! We are looking for a volunteer or two to take pictures at our SAM events. We all love the pictures in our monthly Newsletters, our Facebook page, and sometimes on our website page. If you would be interested, please call or email Diane Poole at 205-478-2469 or dlpoole1225@gmail.com.



THE MYSTERY MEMBER IS SANDRA VINSON!

By Sue Richards.

How long have you been attending FBCT?

24 years. Joined in 2000.

When you were a child, what did you want to be when you grew up?

A PE teacher

What did you actually become when you grew up?

Certified Diabetes Educator

Tell us about your family:

I have 4 siblings ... 1 sister. 3 brothers.

Charles and I have been married for 57 years.

We have 2 sons: Mark, married to Candace (live near Huntsville) and Greg, married to Melissa (live in Homewood); we have 2 grandsons, 2 step granddaughters, and 4 step great grands (2 boys, 2 girls)

What is your favorite television show?

All Creatures Great and Small

What is your favorite food?

Anything chocolate!

Other than the Bible, do you have a favorite book?

Any Andy Andrews book

Who or what has impacted your faith journey?

My parents, my siblings, crisis in health and loss which challenged me but God carried me through

What is your favorite Bible verse:

Proverbs 3:5-6

What ministries (at FBCT and elsewhere) are you involved in?

Music ministry, Small Group ministry projects (we have a different one each month)

In 25 words or less, tell us what you are passionate about.

Getting all of my family to a saving knowledge of Christ. Prayers of intercession. Reaching out to those God places in my life who are in crisis. Painting.

Is there anything else you want people to know about you?

I grew up a PK... moved more than 50 times in my life.

