



FEBRUARY 2024



LOVE LIFTED ME



Feeling a little melancholy on these 17 degree, icy days? Then anxious when the next day is 58 degrees with dangerous storms? Welcome to Alabama, right?!

Melancholy might not be the word applicable to myself. Anyone who knows me knows that for me the word more likely would be bored. But sadness is real. I do not make light of it.

I heard this recently and I ponder ... think about this with me. "Lose my mind, find my soul."

There are all kinds of melancholy triggers, yes, but there are also many things we can do to lift our hearts and minds out of the dark. Read, listen to music, call a friend, work on an inside project we've been putting off. And, there is Good News! There is hope for days ahead.

Make Him the love of your life. Look for God in all your days. He promises never to leave us or forsake us. Oh, how He loves you and me! The beauty He brings is everywhere.

A scripture comes to mind that brings great encouragement. Therefore, do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. 2 Corinthians 4:16-18

Pray with me: *"Father on high, my creator and sustainer, my shield, my glory, and the lifter of my head, the One who knows me so very well, I pray that You will help me see what I cannot see. Open the eyes of my heart, Lord, and help me see how You see. Help me to know Your light in darkness, with thanksgiving for the hope and grace that You give me."*

DO YOU NEED SOMEONE TO TALK TO?

Let one of our trained Stephen Ministers walk with you through the difficult times you are facing. Don't go through it alone. Contact: stephenministry@fbctrussville.org

Take a deeper look by viewing our Pastor's [message](#) of Sunday, January 21.



WEATHER

Whether the Weather be fine

Whether the Weather be not

Whether the Weather be cold

Whether the Weather be hot

We'll weather the Weather

Whatever the Weather

Whether we like it or not.

Submitted by Debra Roberts

Seasoned Adult Minister: Bob Smith
SAM Assistant: Debbie Arrington
SAM News Editor: Judy Bryant
SAM News Assoc. Editor: June Mathews
Newsletter Design: Stephanie Entrup

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.

WHEN I WAS A KID

By Gail Stewart

**CAN YOU GUESS WHO THIS MEMBER OF FBCT IS?
She was born in Alabama.**

To identify and learn more about this SAMer, [CLICK HERE](#), or go to our SAM Ministry page on the FBCT website!



739 STUDENTS ATTEND FBCT D-NOW WEEKEND

On the weekend of January 12-14, we had 739 students attend DiscipleNow here at FBCT. Some traveled from as far as Florida to come be a part! When one of our Seasoned Adults sat up in the back of the balcony during one of the sessions, the comment was "it looked like a sea of students!"

Sean Curran led us in worship while Nate Hilgenkamp from Harris Creek Baptist Church spoke to our students. Nate focused his sermons on remembering who God is, what He has done, and who we are in Christ. The theme verse came from Psalm 77:11-12 which states, "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds."

On the last night of DiscipleNow, our students were given an opportunity to accept Jesus as their Lord and Savior. We had 32 students step forward making a decision. We had parent volunteers, Sunday School teachers, and college leaders meet with each of them to counsel them through what God was trying to say to them. On Sunday, we celebrated 21 students getting baptized rejoicing over that next step of obedience.

We are excited to continue to invest in the lives of our students. We are now creating Launch Groups where students will meet on Wednesday nights to read the Bible together and talk with leaders through what God is teaching them. We are praying that the Lord will continue to mature them into Godly young men and women.

NOTE: This article was prepared for us by Mary Catherine Galloway. Mary Catherine is our Student Ministry Assistant and is married to Matt Galloway, our FBCT Children's Minister. We celebrated with them in December Matt's 10-year anniversary serving here at FBCT.



• HOW TO BE •

SAM with KEN LASS

with KEN LASS

A few years ago I came upon an ad claiming you could make good money just by answering online surveys. The companies that manufacture all sorts of products will actually pay you various amounts of cash just to express your thoughts about their products, and others like it. All you had to do was buy a list of survey websites and you were on your way to a great source of easy extra income. Being retired, and being full of opinions, I thought why not give it a try? So I bought the list and started navigating to the internet sites. Sure enough, there were plenty of them to be found. Long, comprehensive surveys about everything from toasters to clothing styles to children's toys and sports cars. Most all of them offered five to ten dollars for filling out their question forms.

There was one problem. On the cover page of all the sites the first question was "What is your age and gender"? Every time I filled in my age and gender and clicked "Next", I would receive a message saying "We're sorry, but you do not meet the demographic criteria for this survey." Which was their way of saying I was too old for my opinion to matter to them.

I love our stage of life. There are challenges for sure. Health and financial concerns. Loss of loved ones, loneliness, low energy. But what a blessing to have the freedom to pursue hobbies, travel, engage in church activities and fellowship, chase grandkids, and then just collapse in the recliner and take a nap when you feel like it. It ain't so bad, this growing old.

The only thing I'm struggling to get used to is that the mainstream world isn't marketing to us anymore. Our preferences and opinions are less important to decision makers. Businesses want the attention of young and middle-aged adults with young children. How long has it been since you found a new TV show or movie that was aimed at folks our age?

When I was younger I always wondered why old people frequently seemed frustrated and grumpy. I get it now. It's easy to become resentful of a changing culture that seems to have boarded a train and left the station, leaving you behind. How can we stay joyful in the midst of all this abandonment?

I firmly believe the answer is to cling to the thing that never changes, that has always been there for us. Jesus loves us and values us through childhood, teenage, adulthood, and yes, even our SAM years. Especially in our SAM years. I like to remember Isaiah 46:4 which states: Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

Don't be afraid of change, my fellow SAMers. The world will always be full of change. True, much of it will reduce our relevance to the masses. But don't let it make you a crotchety old fogey. We are never irrelevant to God. No survey can change that.

But Thou, O Lord art a shield for me
My glory, the lifter up of mine head.
Psalm 3:3



LOOK WHAT'S HAPPENING

Groundhog Day
February 2

FIRST MONDAY PRAYER FOCUS

February 5 • 10:00AM • Room D139

Stop by wherever you are and join us in prayer.
Email prayer requests to

Sam.prayer@fbctrussville.org



EDIBLE EDUCATION RETURNS

Thursday, February 8 • 11:30AM • FH • \$6

Guest Speaker & Chef: Jennifer Conn

She will be discussing Diabetes Prevention; how to live well longer, why you don't have to have it, all the pros and cons of sugar (addiction, nutritional value, how much is healthy, etc.
Pre-register for the meal [HERE](#)

Super Bowl Sunday

February 11

Valentine's Day

February 14

President's Day

February 19

SAM MONTHLY LUNCHEON

Thursday, February 22 • 10:30AM • Gym

\$7 OR Use your 2024 Meal card

Special Guest: Dolores Hydock, renowned storyteller with quite an interesting background ranging from gardening right here in her Birmingham home to serving as an au pair in Paris to teaching an acting class at Birmingham-Southern!

Call SAM office for reservations



FIRST THURSDAY:

MEN PRAYING for their ONE

February 1 • 6:30AM • D139



LADIES PRAYING for their ONE

12:00PM • Room D139

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



6:11 BREAKFAST

Thursday, February 8 • 6:11AM • Gym

MARCH



March 4, 2024
11:00 am



Dr. Bob Pitman
Evangelist, Muscle Shoals, AL
Mid-America Baptist Theological
Seminary Professor (Retired)

APRIL



April 1, 2024
11:00 am

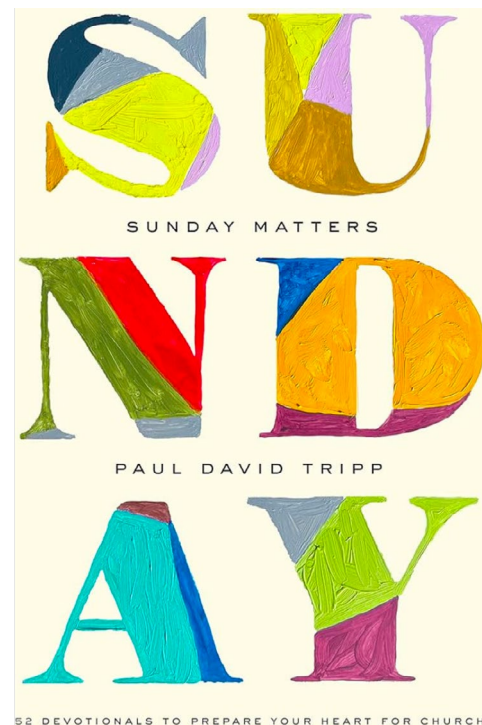


Dr. Johnny Fain
FBC Dothan, Pastor (Retired)
Assignment Ministries International
President & Founder

A GOOD BOOK TO READ DURING HEART MONTH

An excerpt from *Sunday Matters* by Paul Tripp. A book of 52 devotionals to prepare your heart for church.

"We therefore need the gathering of the community of faith for worship and instruction because it is so easy to become God-forgetful. I wish I could say that I look at everything through the lens of the presence and glory of God, but I don't. I still have moments when I fall into God amnesia, when I don't have my God-glasses on. And when I do this, life in this fallen world looks impossibly fearful. Very often my fear is really God-forgetfulness. I need—again and again, by spoken word and worship—to have the eyes of my heart filled with the glory of my glorious Savior, Lord, friend, and King. I need this so that what I crave, what I think, what I decide, what I say, and what I do are shaped by the fear of rest and not the fear of dread. I love the gathering of the church for corporate worship because I need again and again to be awakened out of my God-forgetfulness, and I'm sure you need this too."



SAVE THE DATE

A North Carolina Christmas

The Biltmore Estate

Asheville, NC

December 2-5, 2024

The Cove Billy Graham Training Ctr.

Asheville, NC

Billy Graham Library

Charlotte, NC

Reservations Open May 1

MINI WRITER'S CONFERENCE

By Richard Bailey

The Mini Writer's Conference held on Monday, January 15 was a success and a good time! For those who were unable to attend, the following is a summary of what we covered.

"Nothing Happens Unless First We Dream"

With that theme opening the conference, we embarked on a half-day workshop on improving skills, being a positive voice to our readers, and continuing not just to inform but also to inspire. All, of course, to His Glory!

In our SAM Newsletter, we do this by incorporating the Four-Es.

- Every Issue . . . Glorify God and bring Him delight; tell the Gospel.
- Every Issue . . . Connect our SAM family.
- Every Issue . . . Inspire our SAM family.
- Every Issue . . . Inform/Keep our SAM family current.

The bulk of the conference was about how we can ensure that we continue to do that in the future by learning some basic skills that make us better writers. Not only for the newsletter but also for ourselves. Most people write for their own purposes. Be it self-expression, processing emotions, or part of our prayer journey.

We learned about the pervasive "Be Verb" and the importance of replacing those words with stronger words and avoiding the passive voice. We were reminded that a well-written, even-flowing theme is great but that the quest for perfection will still stymie progress. This culminated in a short writing drill where we were presented with a small cluster of seashells. Our task? Write whatever feelings were inspired by those shells. Oh yeah, we had 5 minutes for this little task, but you would have been amazed at the results. It was a great learning tool. No judgment and it was up to the individual whether to share his or her work.

Jennifer Rash, our keynote speaker and President and Editor-in-Chief of Tab Media Group (The Alabama Baptist/Baptist Paper) spoke on how we can act as a counterbalance to the negativity and cynicism of the 24-hour media outlets. This led to an interesting conversation on what we can do as a group to give a voice to more people within our community.



THE WRITING CONFERENCE

By Julie Rousseau

Take a seat at the table,
Put a pencil in your hand;
Today, you are a writer
This, you understand.

The speakers who are assembled
Are the best of the best, you know
To share tips and tools of the trade
And point you in the direction you
should go.

So, write like nobody's watching,
Even though full, the table may be;
All there for the same reason,
To become better writers, hopefully!

Let your thoughts and ideas take you
To a place where your mind is free,
Where you can open up your heart
And be all that you can be.

Soon you have an article,
Some prose or a tale to tell,
And as you share your writings
Desire to continue will swell.

This was the goal of the conference
To open a world of possibilities,
For all aspiring writers
To become all that they want to be!



LUNCH WITH JAMES SPANN

By Jim Hickman

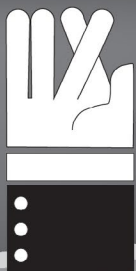
WOW! The size of the crowd at the monthly SAM lunch was a good indicator of the popularity of the speaker. James Spann, a meteorologist with a local TV station, is well known as the person to watch and listen to when the funnel clouds start to form. Growing up as an only child whose father abandoned them at an early age, James and his mother led a difficult life. At the age of 13 James accepted Christ, and his life changed.

James began to grow as a Christian, and as a young man he started and worked into the field of meteorology and weather (Wx). He has been active in weather related activities with neighboring states.

James also participates in many children's ministries in local communities. He was a member of the Board of Trustees for the Alabama Baptist Childrens Home for a term and is now on the Board of Trustees of Grandview Hospital. It is known that when he is recognized in public and asked for his autograph by children and young people, he signs and offers them words of encouragement and support.

Many of us were expecting marvelous stories of weather. Instead, we enjoyed a huge, rich testimony of a life dedicated to Christ. We were encouraged to exercise our own lives and witness by 'giving', as opposed to 'getting'. This was the teaching of Christ and demonstrated by Paul and His disciples, and throughout the world, right into our present times as shown by James Spann, a wonderful speaker, weatherman, and children's friend.

NOTE: After our luncheon, James took a few minutes to stop by Independence Place and visit. They were so excited!



To tell the TRUTH

APOLOGETICS ... DEFENDING OUR CHRISTIAN FAITH

When someone asks IS THERE A REASON for your faith; when you are faced with critics of our faith or the Holy Bible; when someone says to you "I do not believe there is a God."

Join us in March for four sessions led by Dr. Jamie Dew, President of New Orleans Seminary, as he speaks to being ready to defend or explain the Hope that is in us.

Many of you who joined us on our April 2022 train excursion to New Orleans will remember having the opportunity to meet and talk with Dr. Dew in the new Student Center!



CONFERENCE SCHEDULE

Saturday, March 2

Session 1—4:00 PM

Dinner—5:00 PM

Session 2—5:45 PM

Sunday, March 3

Session 3 (in each morning worship)

Session 4—4:00 PM

Dinner—5:00 PM

Session 5—5:45 PM

PRAYER FOCUS

"Prayer is not a substitute for action; prayer is the action."

Dr. Jay Wolfe, Sunday, December 3, 2023 at FBCT

Please pray for our Deacons as they meet at Shocco Springs for a two-day retreat February 16-17.

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!



SAM INTERVIEW WITH SARAH HORTON

By Gail Stewart

How long have you been attending FBCT? 41 years

In what state were you born? Alabama

When you were a child, what did you want to be when you grew up? A Brain Surgeon (Dr. Kildare and Dr. Ben Casey were TV physician idols at that time.)

What did you actually become when you grew up? An Accountant

Tell us about your family: Married to Mike Horton, 4 boys, 13 grandchildren, 1 great grandchild. Some live in Florida, some in Alabama and 1 in Kansas City.

What is your favorite television show? BBC America –loves animals, David Attenborough’s animal show on BBC America is favored.

What is your favorite food? A good steak!

Other than the Bible, do you have a favorite book? Avid reader, but no specific favorite. Since the granddaughters had never heard of the book “Gone With The Wind,” a movie night was held and guess what the feature was – “Gone With The Wind”!

Who or what has impacted your faith journey? Uncle was a pastor and was raised in a Christian home. Was saved at 9 years old. While walking through a field, found a cross with a ruby in the middle – held it up to the light and inside was the Lord’s Prayer, so that was the beginning of scripture memorization.

What is your favorite Bible verse: John 3:16 and 17 “For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life. For God did not send the Son into the world to condemn the world, but that the world might be saved through Him.”

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

Precepts Bible Study and my Sunday School Class.

In 25 words or less, tell us what you are passionate about. Sharing the Lord with pre-marital couples and the importance of a God centered marriage (which is how Sarah and Mike have spent their 52 years together). They pray God’s blessings over each couple.

Is there anything else you want people to know about you? Yes, our grandkids are a huge part of our life. Enjoy time with them. They keep them feeling younger and on the move! This is a “family of God” – all being saved except the babes too young to understand yet.

NOTE: Sarah and Mike are the owners of The Rock House Wedding Chapel.