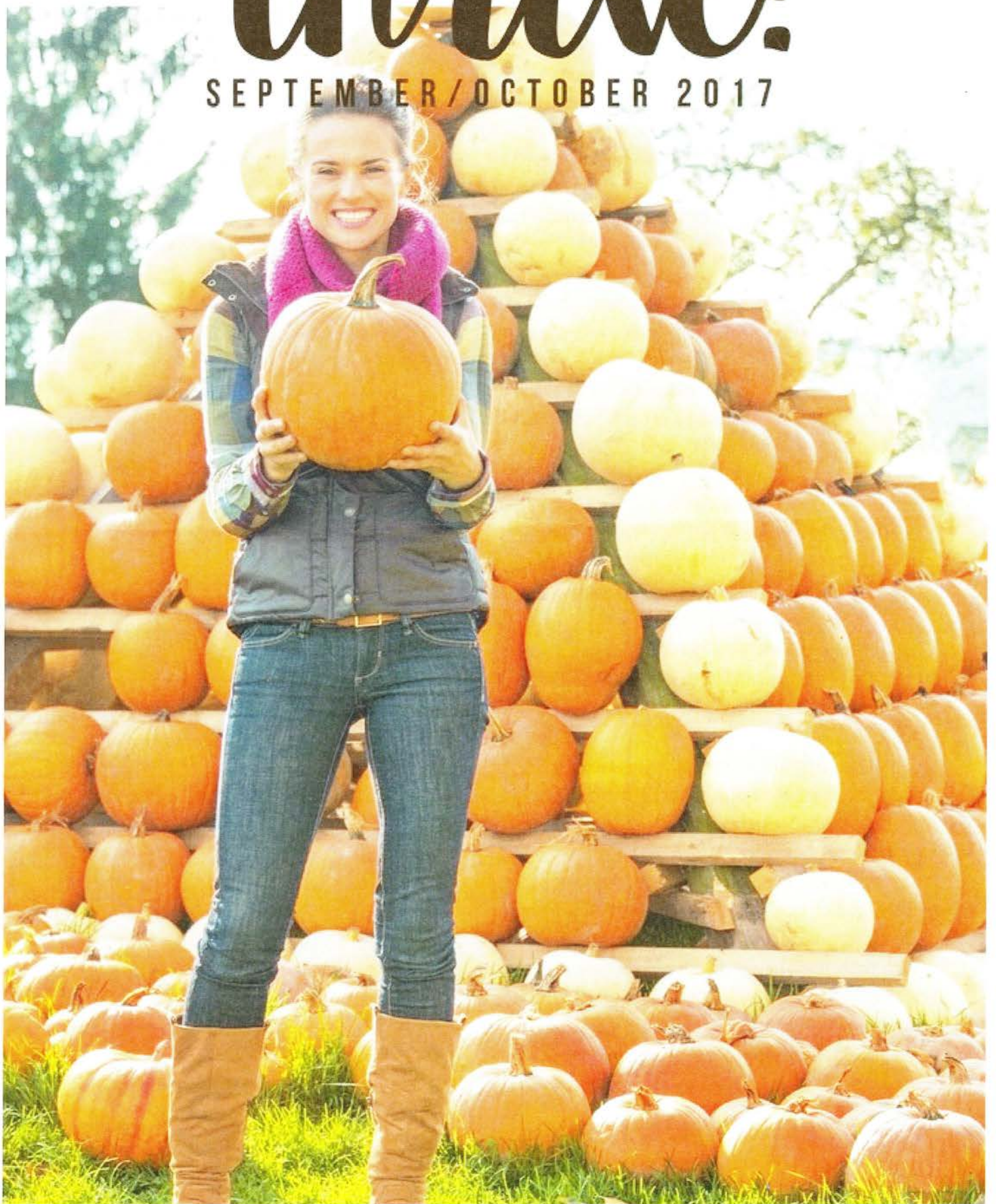


thrive!

SEPTEMBER/OCTOBER 2017



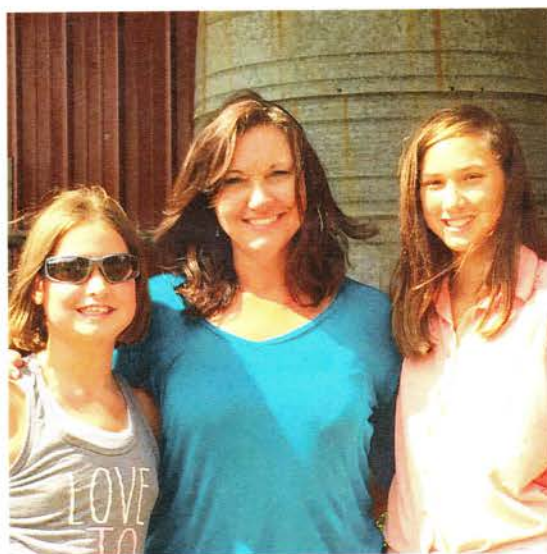
Editor's Note

Fall. Even though it may still be over 80 degrees every day, just saying the word *fall* brings the anticipation of cooler weather, colorful leaves, and cozy sweaters. This season also encourages us to take stock of the year and evaluate if we are on target to reach our goals. Have we kept our commitments of daily Bible study? One-on-one time with our children or grandchildren? Nurturing godly womanhood?

Take the time this September and October to size up your 2017. Do you need a course correction? Make the necessary adjustments and get back to it! On course to reach your goals? Great! Keep up the good work, you're almost there! I am praying for you and am confident that the Lord will see you through to the finish line of a successful 2017.

To help you along the way we have included articles in this edition of *thrive!* that we hope will be a blessing and encouragement to you, no matter your age or season of life.

In *My Life After Tequilla* (p. 6) author Pat Luther allows us into her heart as she shares a bit of her life after the death of her daughter, Tequilla. Next Jessica Brohman details true faith and how God can use your trials to help others in the article *Having Faith in the Trials God Brings Us Through* (p. 8). (This is the condensed version of her awesome presentation at our last Awaken Bible Study in early August.) Debbie Brumley dives into the value of investing in others in her essay *It's Worth the Investment* (p. 11) and Cathy Coble rounds out our guest articles with a wonderful message of the similarities between music and life in *Music is a Mirror of Life* (p. 12).

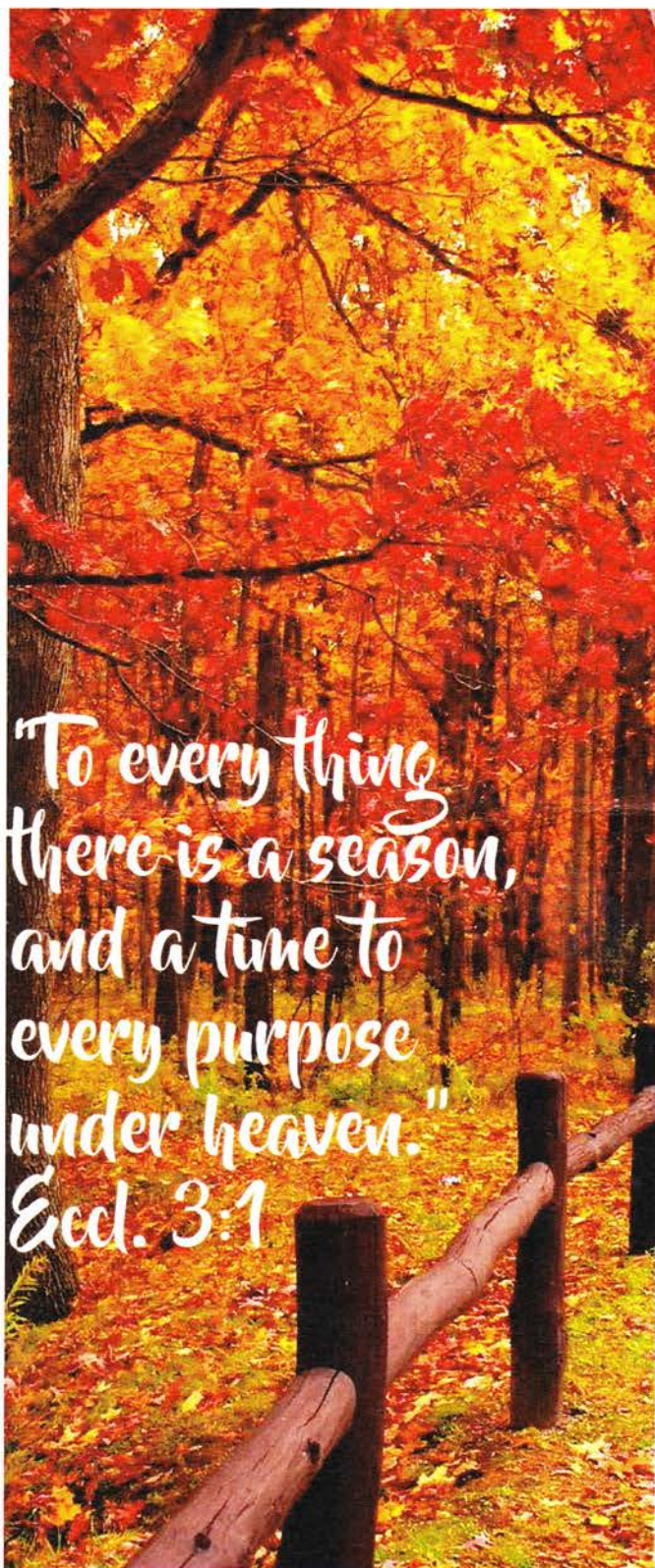


What a privilege to have such talented women willing to share their life experiences and pour their spiritual and practical wisdom into the ladies of Central Baptist and our community. You are a blessing to all of us! Thank you!

Lastly, above all else utilize THE key for achieving success this year in God's eyes – His Holy Word. (See p. 10 for the Bible Reading Plan and p. 14 for Michelle Rabon's breakdown of *Deuteronomy*). Feasting on His Word will fill you up with life-changing truth and spiritual riches that will truly transform your life! Dig in and savor the variety He gives in each book! It will be one dining experience you won't come away from disappointed or worried about the calories!

Happy Fall!

Julie



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September & October Calendar

September

- 4 - Office Closed
- 6 - Awana Begins
- 6 - Engage Bible Study - Romans
Wednesday Nights 7:00 p.m.
- 10 - Homecoming (No Evening Service)
- 11 - Grace Missions 10:00 a.m.
- 11 - Griefshare begins 6:00 p.m.
(Monday nights)
- 16 - Ladies Night out - Painting Party
6:30 p.m. (Dilly Dally)
- 17 - New Believer's Class begins in FLC

October

- 7 - Awaken Bible Study
10:00 a.m.
- 6 & 7 - Carolina Women Conference
- 9 - Grace Missions 10:00 a.m.
- 28 - Fall Festival
11:00 a.m. - 3:00 p.m.

Upcoming 2017 dates:

- 11/4/17 - *Surviving the Holidays* Seminar
- 11/11/17 - Christmas Festival of Tables
- 11/18/17 - Ladies Day Out (Mebane)
- 12/2/17 - Toyshare
- 12/3/17 - Tree Lighting Service
- 12/10/17 - Children's Christmas Program
- 12/17/17 - Choir Christmas Program

Connect with us!

Facebook - thrive! Ladies Ministry www.cbckannapolis.com thriveladiesministry@gmail.com

5th Annual
**Christmas
Festival of Tables**

November 11, 2017

6:00 p.m.

Central Baptist Family Life Center

Tickets \$10.00

Sign-up at thrive! table to be a table hostess



Ladies Painting Party

SEPTEMBER 23, 2017

6:00 P.M

AT THE DILLY DALLY

110 S. MAIN ST. SALISBURY

COST \$45.00

SIGN UP BY SEPTEMBER 8TH AT

THE THRIVE! TABLE



My Life After Tequilla

By: Pat Luther

I guess most of you would ask, "Who in the world would name their daughter Tequilla?" In my younger days I loved to listen to Herb Albert and the Tijuana Brass play the song *Tequila*. So, when I was deciding on a name for my oldest baby girl, I thought of that song and named her Tequilla Rae Pressley. The Rae was after her dad, Kenneth Ray Pressley.

Time went on and she finished high school and then nursing school at Presbyterian Hospital. As soon as she graduated nursing school she married Steve Bagnasco and they had two little boys who just adored her, and she loved them as well. Tequilla worked for twelve years at Presbyterian and she was a wonderful nurse.

One February morning in 1992 while I was leaving for work, I turned the radio on to see how I-85 was running. There had been a bad wreck near my exit so I went a back way through the country. I had been at work about two hours when I got the news that my Tequilla was the only fatality in a nine-car pileup. My life shattered that day.

Had it not been for God's grace and His love for me, I could never have gotten through that horrible season. The worse thing about her death at that time was seeing her two little boys trying to cope. My family and I did what we could to help out, but it still hurt to see them hurt.

One Sunday morning, three or four weeks after Tequilla's death, I was having a really hard time. I remember going to the altar pouring out my grief and heartbreak to God and Preacher Parker reassuring me that peace would come. It eventually did come but it took a long time.

After three or four years my son-in-law met and married a wonderful lady named Karen who was a godsend. She helped Steve so much with the boys and loved them like her own.

Daniel and Patrick went on to finish high school and then college. I was so grateful to my son-in-law, Steve, for providing for their education and when they finished neither boy owed a single student loan.

Since then both Daniel and Patrick have secured good jobs, married, and now each have a little boy and another on the way. Both of them recently moved into new homes and I couldn't be more proud.

I know we have many women in our church that have lost a child, maybe more, but I also know that God's grace is sufficient. It was for me because if it had not been I would not have survived the loss of Tequilla.

I'm thankful for the opportunity to share a little of my story and hope that it will be an encouragement to someone else.

Christmas Through their Eyes

A glimpse of the women who were changed because of Jesus.
25-Day Advent Bible Study

Books are \$10.00

Pre-order from Michelle Rabon beginning October 7th

Available November 11, 2017

Ladies Day Out Mebane Outlets

November 18, 2017

Departing the church at 9:00 am

See Beverly Butts for more details or
sign up at the thrive! table.

Having Faith in the Trials God Brings us Through

By: Jessica Brohman



Every person has a story and I want to tell you mine. My story is one of love, heartache, joy, pain, forgiveness and expectedness. You see, all of our stories are similar. They will not have the same circumstances nor will they have the same outcomes, but if we allow, they can have one thing in common: faith.

What is faith? "Faith is the substance of things hoped for, the evidence of things not seen." (Heb. 11:1) Webster's Dictionary also tells us that faith is defined as *belief in, devotion to or trust in something for which there is no proof*. Faith should be easy then, right? With so much proof of God all around us, why is it so hard? Hebrews 11:3 tells us faith is having a great confidence in Christ, truly experiencing God. Are you experiencing God?

Hebrews 11 is the "Hall of Faith" chapter which lists famous faith experiences such as Noah building the ark, Abraham offering his promised son, Isaac, as a sacrifice, and Moses leading the Israelites through the Red Sea, to name a few. Although these leaders did not experience identical victories or defeats, they all pleased God by their individual faith. In verse 6 we learn that it is impossible to please Him (God) without faith.

Now that the light inside of you is starting to burn a little with encouragement, you are probably wondering where true faith comes from. Faith is a gift from God. It is given to us by God for His glory. Ephesians 2: 8-9 says that true faith comes when

you put your trust in God. I like to call this "trust exercises." Just like physical exercise, these "trust exercises" from God shape us into who He has created us to be in Him. I share the same love/hate relationship with these spiritual exercises as I do with physical exercise, nevertheless, by them our faith grows strong and sure.

One of my favorite verses is Philippians 4:6 where Paul tells us not to worry about anything but to pray about everything. This isn't easy, but by hearing, obeying and studying the word of God daily, our faith will become strong and pure.

So now that you know what faith is and where true faith comes from, what does God do with our faith? He uses these "trust exercises" to sharpen and strengthen it through providing times of trial and testing. God works in ways to increase our faith to show He is sovereign and intentional with His plan for our lives.

True faith will always be tested. 2 Timothy 3:12 tells us that, "All that will live Godly in Christ Jesus shall suffer persecution." God promises us in Romans 8:28 that, "We know all things work together for good to those that love God, to them who are called according to His purpose." When things don't go as planned or the way we think they ought to, we have to remember this promise even when we don't understand. God uses our faith in trials to know our heart.

Do you feel honored to suffer? Paul tells us it is something to cherish. God puts to use what He puts us through as a testimony to others. Philippians 1:12 confirms this when Paul tells us that all the suffering he endured was to further the gospel. God didn't save you just so you wouldn't go to hell, He saved you with a purpose (Jeremiah 29:11).

The light inside you, I hope, is burning brighter and stronger as you get excited about the plan God has for your life. If not, you may still be asking yourself, "Should I have faith?" Maybe you have been hurt or are in the middle of a trial and see no end. Trust Hebrews 13:5 where God promises, "I will never leave you nor forsake you." When God brings us into a trial, He will see us through! He is our refuge and He gives us peace that passes all understanding.

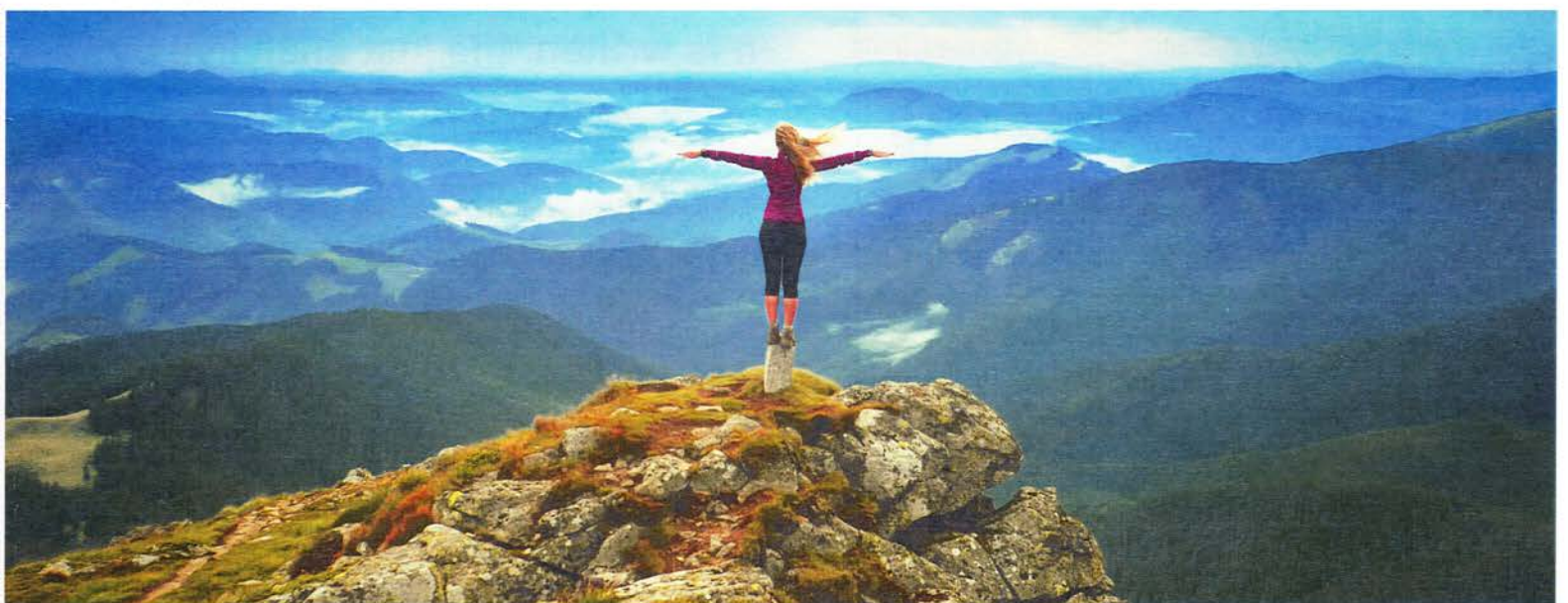
Gaining and having true faith is hard, but John 16:33 reminds us that, "...in this world you will have tribulation: but be of good cheer; I (Christ) have overcome the world." You see, my friend, true faith brings deliverance! We can do nothing lasting or eternal in our flesh. However, as born again believers we have God's power in the person of the Holy Ghost available to us. Philippians 4:13 affirms this truth when it proclaims that, "[We] can do ALL things through Christ who strengthens us."

I'm sure by now that light inside of you has become a flame, or at least I hope it has. And to inspire you even more, here is the most exciting part....true faith brings glory to God! It's a testimony of what our God has brought us through! Our

reaction to and handling of "trust exercises" (with the help of God), shows others around us how God is working in our lives for His glory. Connections are made and relationships are strengthened with others going through similar trials. We are then privileged to encourage them and share who God is and how He can change their outcome.

These trials that try to take us out are reminders of our calling. What is our calling? To build the Kingdom of God. 2 Corinthians 1: 3-4 promises God will comfort us in our affliction and as we trust in Him, and in the overflow of our own comfort, we will bring that same comfort to those around us. Now remember, I am not saying that all our trials here on earth will end with a victory, but we can have hope and know that at the end we will stand before God and proclaim that we have fought the good fight, we finished our course and we kept the faith. (2 Tim 4:7)

Are you willing to be broken for God's use? If we as Christians never suffered or found hope and comfort within it, how could we bring any real hope to a hurting world? I encourage you today to have faith in the trials that God brings you through because I can testify that God has great things ahead for you, my friend.



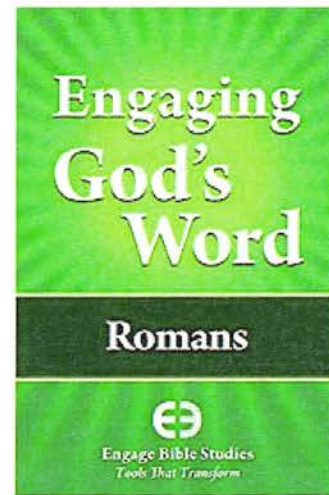


September

- 1- Psalm 124
- 2- Psalm 125
- 3- Psalm 126
- 4- Psalm 127
- 5- Psalm 128
- 6- Psalm 129
- 7- Psalm 130
- 8- Psalm 131
- 9- Psalm 132
- 10- Psalm 133
- 11- Psalm 134
- 12- Psalm 135
- 13- Psalm 136
- 14- Psalm 137
- 15- Psalm 138
- 16- Psalm 139
- 17- Psalm 140
- 18- Psalm 141
- 19- Psalm 142
- 20- Psalm 143
- 21- Psalm 144
- 22- Psalm 145
- 23- Psalm 146
- 24- Psalm 147
- 25- Psalm 148
- 26- Psalm 149
- 27- Psalm 150
- 28- Daniel 1
- 29- Daniel 2
- 30- Daniel 3

October

- 1- Daniel 4
- 2- Daniel 5
- 3- Daniel 6
- 4- Daniel 7
- 5- Daniel 8
- 6- Daniel 9
- 7- Daniel 10
- 8- Daniel 11
- 9- Daniel 12
- 10- Deut. 1
- 11- Deut. 2
- 12- Deut. 3
- 13- Deut. 4
- 14- Deut. 5
- 15- Deut. 6
- 16- Deut. 7
- 17- Deut. 8
- 18- Deut. 9
- 19- Deut. 10
- 20- Deut. 11
- 21- Deut. 12
- 22- Deut. 13
- 23- Deut. 14
- 24- Deut. 15
- 25- Deut. 16
- 26- Deut. 17
- 27- Deut. 18
- 28- Deut. 19
- 29- Deut. 20
- 30- Deut. 21
- 31- Deut. 22



WHO? God is.



God has done.



God loves you.

“For therein is the righteousness of God revealed from faith to faith: as it is written, the just shall live by faith.” Romans 1:17

Become a colorful character in God's Kingdom

Let God do the coloring!

30 Week Study of Romans

Begins Sept. 6 on Wed. nights

Cost \$15

Grace Ladies Classroom

Facilitator—Glenda Wesson

It's Worth the Investment

By: Debbie Brumley

When asked to share my thoughts on why it is important to INVEST in the lives of others, my heart knew the answer but my mind had difficulty trying to find words to express it. So began this simple word study. Who knew that God would bring such delight from looking up words in the dictionary...then again...*In the beginning was THE WORD, and THE WORD was with God, and THE WORD was God.* (John 1:1)

Let's define the word INVEST and ponder its meaning in our daily life.

Invest-verb (requiring action) to DEVOTE one's time, efforts, or energy to a particular undertaking with the EXPECTATION of a worthwhile result.

Let's define the word, DEVOTE and ponder its relationship to investing.

Devote-verb (requiring action) to give, set apart, vow, consecrate all or a part of one's time, efforts or resources to a person, activity or cause.

Finally, let's define the word EXPECTATION in this simple word study.

Expectation-noun (person, place or thing usually referring to the verb) to anticipate a strong belief that something will happen or be the case in the future, a belief that someone will or should achieve something, one's prospect of inheritance.

(Dear reader, did you read between the lines...I had a little HALLELUJAH spell right there in preparing this little article! To God be the glory, great things He has done/is doing/will do!)

Before we were ever conceived in our mother's womb, God the Father made a great investment into each of our lives (you see we have been on His mind for all eternity). He set forth the plan of salvation which came at quite a sacrificial investment, yet He devoted Himself, and gave His beloved Son with the strong belief that we would be worth the prospective-certain-inheritance He has to offer!

Have you pondered the thought, "What if no one had ever told me about this great INVESTMENT?"

Certainly we should be giving Him praise and thanksgiving for those who devoted a portion of their lives so that we can one day realize our inheritance. However, if investments remain in one unit there is less gain. We must utilize our resources for we have been SAVED to SERVE. We have tasted and know THE BREAD OF LIFE and must bring others to the table. We should desire to be filled and to see others filled as well. We must plant seeds in order to yield growth and in turn we must see the fields watered, hoed and harvested. Our investment is so precious we must redeem the time for life is indeed short!

Ponder these simple thoughts:

How am I INVESTING in eternal things? (The things God cares about.)

What am I DEVOTING my time, talents and treasures to?

What do I EXPECT and believe will happen as a result?

God calls each of us to invest in unique ways. When we obey what He has asked us to do, the GAINS for investing will be out of this world! Those treasures are laid up in heaven and we will one day bow at His holy feet and present them to Him face to face. In the mean time, the earthly encounters bring such joy to us and the ripple effect of our investments bring joy to others. Some think they do not have much to invest, and my heart draws up this simple phrase, LITTLE IS MUCH WHEN GOD IS IN IT.

Have you ever received a tender hug or smile from a child? If yes, then you have been endowed a great investment and have the opportunity to double the growth by returning it again!

Jude 1:22 gives us an investment/growth strategy worth memorizing and applying daily, "And some have compassion, making a difference."

Be that compassionate person and GO MAKE A DIFFERENCE! God will make your investments count!



Music is a Mirror of Life

By: Cathy Coble

Music is a mirror of life. It has a **definite beginning**. Sometimes it is difficult to tell by the introduction where the song is going. Just as the writer has a definite plan for the rest of the piece of music, God has a definite plan for the direction of our life.

Music has a **definite ending**. Hebrews 9:27 tells us, "And it is appointed unto man once to die, but after this the judgment."

Music has **highs and lows**. Sometimes things are going great and we feel like we're on the mountain top and sometimes we experience difficult situations that may cause us to walk through a valley. Do you ever feel like you're on a rollercoaster? Life has a lot of hills and valleys which definitely make life interesting.

Music has **tempo changes**. As we grow older, we don't move quite as rapidly as we use to. It takes us a little longer to complete a task. Our energy level varies with age. I am finding that to be true at this stage of my life and it is rather frustrating at times.

Sometimes there is a **bridge in music**. This is a transition section in a piece of music that carries you from one phase to another. In life, we experience transitions. For example:

- Leaving school to enter college or the work force
- Changing from single life to married life
- Becoming a parent – taking on the responsibility of raising a child and having to consider someone else's needs

- Children leaving home
- Children marrying
- Becoming a grandparent
- Retirement
- Caring for an elderly family member
- Experiencing lifestyle changes due to health issues
- Growing old, having to leave your home to enter an assisted living place or nursing home

Sometimes there are **repeats in music**. In life, there are many repeats - meal planning, paying bills, maintaining a home, work responsibilities. Sometimes God allows us to be put through a test. If we don't pass, we may have to take it again.

Some music is **written in minor keys**, these sound sad and mournful. Areas of our lives that are in the minor key are the loss of a loved one, sickness, pain, and hurt. The minor keys of my life have been

- the loss of my biological mother at age seven
- never knowing my biological father
- the death of my adopted dad from cancer when I was eighteen
- death of my grandparents and two of my brothers
- having breast cancer
- my daughter having breast cancer
- my son having thyroid cancer

Some music is **written in major keys**, these are the happy keys, the sound of confidence, hope, promise and determination. Life in the major keys involve the birth of a child, the birth of a grandchild, anniversaries, a graduation, a marriage, etc. Songs of joy are always written in major keys.

Music has **expression and dynamics**- sometimes loud, sometimes soft. Expression and dynamics in our lives add excitement and interest.

Every song is **unique** and every person's **story** is unique.

When singers and musicians follow the director of a choir or orchestra, there is harmony and unity. When we allow God to be the **director** or conductor of our lives, there will be harmony and unity in our relationships.

A song sung in **harmony and unity** ministers **grace and peace** to the listener. When there is harmony and peace in our life, it will minister grace and peace to those who know us and those we encounter.

In music, the **message** is the most important part. The message is carried in the **melody**. All other parts are added to support the melody. If we submit to God and in all our ways acknowledge Him, He will direct our paths. (Proverbs 3:5-6)

There are many **styles** of music such as contemporary, gospel, sacred, bluegrass, classical, ballad, etc. The priority of

music should never be about the style but about the substance of the message.

Colossians 3:16 tells us that,

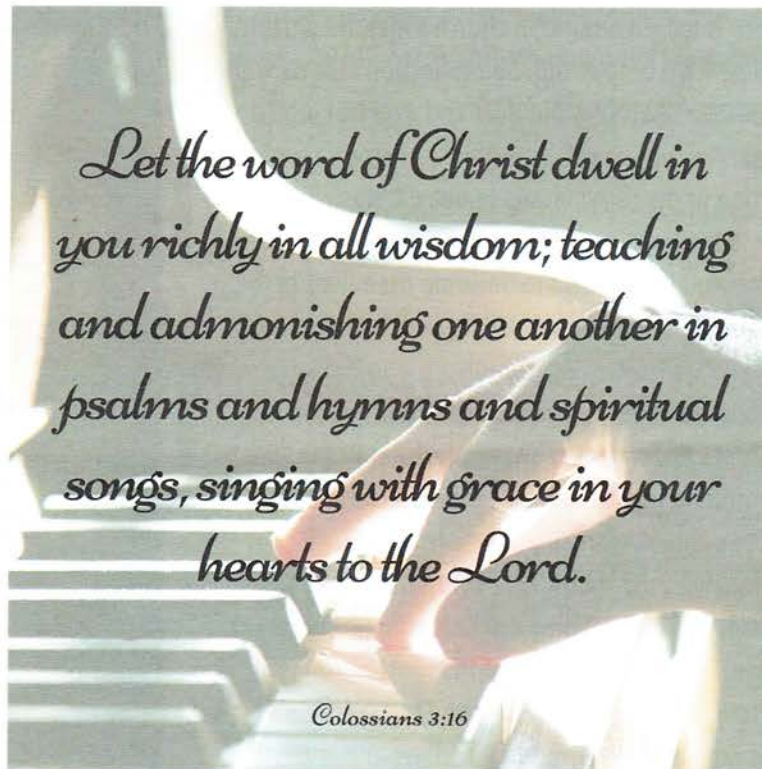
1. Psalms are songs FROM God
2. Hymns are songs TO God
3. Spiritual songs are songs ABOUT God

All three of these tell us what God has done, what He is doing, and what He is going to do as well as explain our relationship to Him and others.

On my journey through life I have not always passed

every test and there have certainly been repeats.

Nevertheless, I want my life to be submitted to the leadership of the Holy Spirit and reveal what God has done and is doing in me and through me. I want to be an example of a believer who strives to glorify Him in all things. As God continues to write my story, I want Matthew 5:16 to be my life's goal: "Let your light so shine before men that they may see your good works and glorify your Father which is in heaven."



Let others see Jesus in you.

Let others see Jesus in you.

Keep telling the story, be faithful and true.

Let others see Jesus in you.

Deuteronomy

By: Michelle Rabon

If you have spent any time in the Old Testament Scriptures there is no doubt you have witnessed the on-again, off-again relationship the Israelites had with obedience. The sobering lesson they supply provides us a mirror to our own, problematic relationship with obedience. Despite our greatest efforts we still find ourselves standing in their shoes.

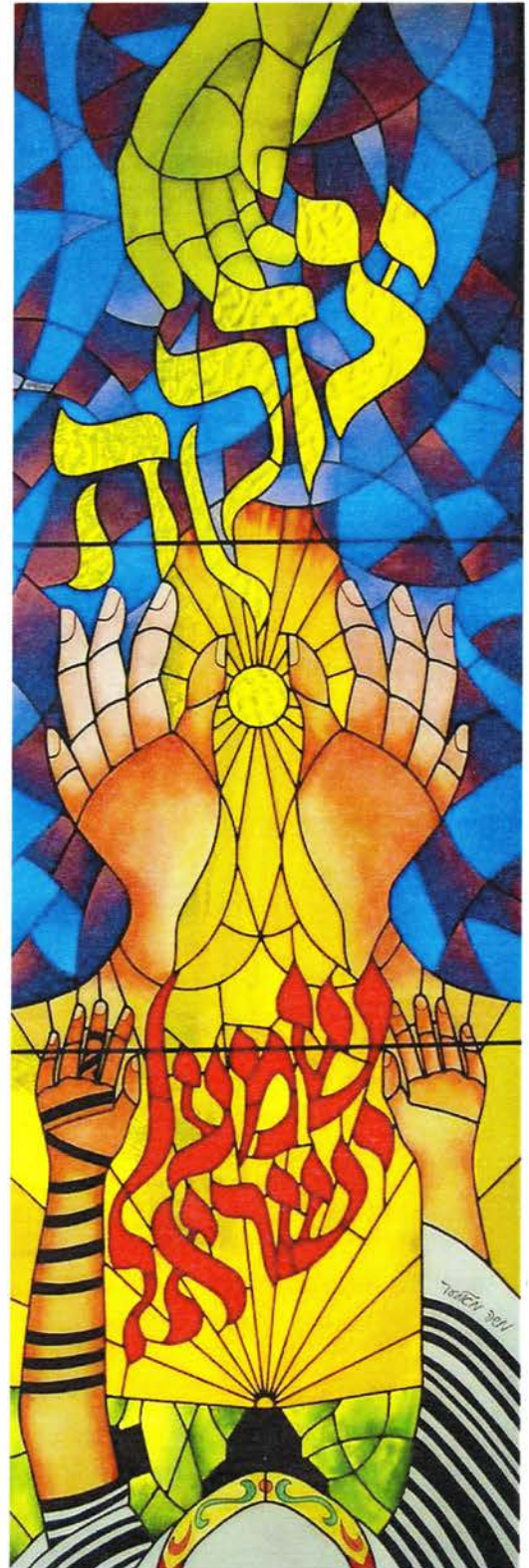
When the word *obedience* is tossed around in church today, heads turn, eyes widen and either an ear will perk up or tune out. Self-reflection follows with the usual sinking feeling of failure. We see it play out over and over not just in Scripture but in our everyday lives.

Deuteronomy is a reflection of my own failures to obey. It was written with the purpose of being a reminder to the Israelites of what God had done for them and to encourage them to walk forward in faith and to dedicate their lives to the One who had chosen them. Does this sound like something you need on a daily basis too?

The majority of Deuteronomy can be summed up in a little section in chapter six which God directed Moses to deliver to His people. Later in the New Testament Jesus declares one command in particular the *greatest command*, "Love the Lord your God, with all your heart, with all your soul and with all your strength" (Deuteronomy 6:5, Matthew 22:37, Mark 12:29-30, Luke 10:27).

This collection of five verses in Deuteronomy not only contains what's referred to as the greatest command but it is also a few of the most prominent verses in Judaism to this day. Verses 4-9 are called the *Jewish Shema* (*shema* means to hear or to listen). The Shema is vitally important to Jews and is recited during morning and evening prayers. They cover their eyes with their right hand as they carefully recite the words.

"Hear, O Israel: The Lord our God is one Lord: And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I commanded thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates." Deut. 6:4-9



You shall
Love
the LORD
your God
with all your
HEART
with all your
SOUL
with all your
STRENGTH
Deuteronomy 6:5

This prayer fervently reminds us of our main priority - love God and talk about Him all the time. You see when we repeat over and over what God has done for us, we consistently input God's goodness and faithfulness into our minds and hearts. And, once "in" us, it will have to come "out" via our conversations with family and friends. Continual sharing of God's faithfulness strengthens us not only individually, but corporately as a community as well.

When we look at the history of the Israelites we see that they were prone to forgetfulness. They quickly forgot all that God had done for them, so it is no coincidence that Moses reminded them of God's faithful provision in the book of Deuteronomy which itself means "repetition of the law."

There is no mistaking the goal God had in mind as He inspired these words to be written. Ten times alone in chapter 6 we see a form of the word *command* used, derived from the Hebrew word *tsavah* which means "to appoint, bid or forbid, give a charge, set an order, or direct." (Strong's Words)

God set out with the purpose of teaching His children, giving them a direction of how to live and serve Him only. God didn't want them to forget how far they had come and the promise that was still waiting.

They are not the only ones with a command to follow. Just as the Israelites needed to be reminded of all God had done, so do we. We can quickly turn from obedience and neglect how God has worked in our lives. Like the Israelites, we too become blinded by our circumstances and fail to live out what God requires of us. But, the greatest fact is simply this, He loves us and desires for us to love Him totally.

Our goal is to step forward in remembrance and obedience. When we are constantly reminded of all He has done for us, it encourages us to trust Him with everything. Through our obedience we will prevail in this life and be deeply rooted in Christ.

Apple Cinnamon Baked Oatmeal

Ingredients

- 2 cups rolled oats
- 1 cup chopped walnuts
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 cup diced apples (about 1 medium apple)
- 1/2 cup applesauce
- 1/2 cup milk, at room temperature
- 2 eggs, at room temperature
- 1/4 cup maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 cup coconut oil, melted and slightly cooled



Instructions

- 1 Position rack in center of oven and preheat to 350°F. Lightly grease (or spray with nonstick cooking spray) an 8- by 8-inch glass baking dish.
- 2 In a large bowl, combine oats, walnuts, cinnamon, ground ginger, and salt. Mix in diced apples, applesauce, milk, eggs, maple syrup, and vanilla. Stir in coconut oil until all ingredients are well combined.
- 3 Spread mixture into prepared baking dish and bake for 30 minutes or until set and light golden brown on top. Allow to cool in the baking dish for at least 5 minutes before slicing. Serve warm with optional garnishes, such as warm milk drizzled over the top and additional chopped walnuts.

Recipe from www.FiveheartHome.com

Awaken Women's Bible Study

Building community through
the study of God's Word

October 7, 2017

10:00 am - 12:00 pm

***Childcare provided**

Speaker: Michelle Rabon