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# The Memo

“Where Christ Is Center Making Families Important”

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Powers Memorial Baptist Church

May-June 2012

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We will be observing Mother's Day on May 13 and Father's Day on June 17, respectively. These two special dates emphasize the importance of a mother's and father's role within the family structure. A family's strongest bond occurs when both mom and dad are actively involved with raising the children in the admonition of the Lord. The presence of a mother and father offers great stability in the home life. Ephesians 5:21-6:4 gives great spiritual structure and function as God designed the intention of a home. Yet unfortunately, we live in a fractured society because of sin, and as a result many families today have become dysfunctional. As a church family, as the body of believers in Christ Jesus, let us make every effort to build strong, spiritual families that are built on the Lord. As Psalm 127:1 states "Unless the Lord builds the house, they labor in vain". "A family that prays together stays together". Is your family structure strong in the Lord or not? What does your family need to work on to become spiritually stronger in the Lord? Does your family come to church together to worship God? Are the members of your family involved in Sunday School or not? How actively involved is your family in church? Our church is only as strong as our families are. Let us all work on building a stronger, healthier church family by committing ourselves to the ministry and mission of the church.

The months of May and June are graduation times for many students. We congratulate Bobby Breckenridge as he graduates from Richard Bland College with an Associates Degree in Science and Megan McDaniel as she graduates from Hopewell High School. We applaud these wonderful academic accomplishments. We also commend them as they continue their scholastic pursuits in the future.

May 28 is Memorial Day when we somberly acknowledge the sacrifices made by our men and women in uniform who have made the ultimate sacrifice for their country. We will have a special recognition service on May 27 remembering our soldiers, sailors and airmen.

As Pastor, one of my primary responsibilities is to equip church members (the saints) for the work of ministry for the edifying of the body of Christ. As Ephesians 4:11-12 states, "And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors, and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ". As equipping Pastor, I greatly desire to provide quality worship services, along with the essential tools and training required to produce future church leaders. All church members are encouraged to utilize every opportunity possible to grow and develop into effective and efficient leaders for the Kingdom of God.

Are you discovering, developing, and utilizing your spiritual gift to build up the body of Christ? Perhaps you have the gift of teaching, according to Romans 12:7. Teachers have the ability to present truth in a logical systematic way. Do you? Teachers validate the truth by checking out the facts. Do you? Teachers enjoy studying and doing research. Do you? Teachers believe Bible study is foundational to the operation of all the gifts. Do you? Teachers are intellectually sharp, self disciplined, and have strong Biblical convictions. Are you? Do you have the gift of teaching? If so, we do have some Sunday School assistant positions open.

**Blessings,  
Pastor Breckenridge**

**SERMON/SCRIPTURE FOR MAY**

<b>May 6</b>	<b><u>A Day Of Good News</u></b>	<b>2 Kings 7:1-11</b>
<b>May 13</b>	<b>Mother's Day</b> <b><u>The Mother Who Struck Oil At Home</u></b>	<b>2 Kings 4:1-7</b>
<b>May 20</b>	<b><u>A Mighty Widow Woman</u></b>	<b>Mark 12:41-44</b>
<b>May 27</b>	<b>Patriotic Service</b>	



How do you praise God in your everyday life? That's a question that we all should answer in our hearts. Some praise their Lord with a shout of praise, a joyous step, or a loud song. Some choose to praise their Lord in quiet reverence while listening to a moving message shared by one of God's chosen vessels. But the question remains, how do you praise your Lord? Ask yourself that at the end of each day, "How did I praise my Lord today?"

Any men who are interested in singing, are asked to stay for a few minutes after the June 10 service to prepare for singing on Father's Day, June 17. The Sanctuary Choir and Handbells will continue to work to bring you the best musical offerings possible. If there are any songs that you would like to hear incorporated into our times of music, please feel free to let me know. I am only a phone call away.

In His Peace,  
Rebecca Perkinson, Music Director

# Thank You

**Dear Powers Memorial Family:**

I owe you my deepest apologies for this late letter thanking you for all your cards, calls, food, and visits I received upon the death of my sister in January. Right after that, I became sick and the health problems just seemed to take over my life and everything else was pushed to the back of my mind. I'm very sorry I've been so late in getting this to all of you, but I want you to know how much I appreciated your love and concerns for me at that time. With all that was going on, it helped strengthen me and get through some tough times. Thanks again and God bless you all. I'm lucky to have such a wonderful church family.

**Love To You All, Audrey Fuzy**

# Thank You

**Thank-You Correction Letter:**

In the April Newsletter, we wish to apologize for having inadvertently left out Gloria Gray when thanking those who helped in the World Day of Prayer 2012 program, where the local churches came together to worship. We are sorry for this omission, and wish to credit her for her hard work that day which went far towards making the event the success that it was. Thanks again, Gloria, for your time and effort given to the program.

**Dear Knit Wits:**

Thank you so much for making the lovely crocheted lap throw my son, Charles Vealey, brought me. I love the colors. They are my favorite. It will be put to good use. You must be a lovely group. May God bless you all for the ministry team you have.

**Sincerely, Rosie Vealey**

**Dear Powers Memorial:**

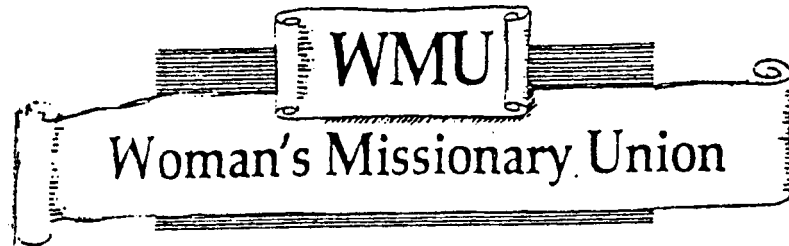
It was truly a tremendous blessing to be a part of your morning worship service on Sunday, March 18. The warm and gracious reception was genuinely felt and appreciated. Your congregation's love for the Word of God is obvious. The offering that was given is evidence of the partnership between your church and the Gideons International in providing God's Word to a lost world. These funds will be used 100% to provide Scriptures in the traffic lanes of life around the world. Thank you for your gracious hospitality and prayerful support of the Gideon work. We pray you continue to enjoy God's abundant blessing for yourself, family and ministry.

**Sincerely Yours In Christ, Chris Nelms, Gideon Presenter**

**Dear Powers Memorial:**

We want to tell you how much we appreciate your help with our Bland Music Contest. Your cooperation allows more students to compete. The sanctuary and facilities are very compatible with the format of the contest. We also want to thank Mrs. Breckenridge for her help and guidance, and are looking forward to seeing you next year.

**Sincerely, Jerome D. Scaggs**



The Griffin/Mitchell WMU met April 9 at 10am. We opened with a prayer and Shelby Durham then read the names of the missionaries having birthdays on the 9<sup>th</sup>. We prayed for the sick, those having surgery or at home recuperating, those in nursing homes, and the shut-ins, and sent cards. We took up an offering. We then studied our lesson about our missionaries, Teresa and Jim Flora, who serve among the Basotho people of Lesotho, a rural country completely surrounded by the Republic of South Africa. They have lived and ministered there for the past 3 years as church planters. These and other missionaries work and struggle to teach God's word and sacrifice a great deal for the Lord, and they need our prayers.

**Dates To Remember**

May 13		Mother's Day
May 14	10:00 a.m.	Griffin/Mitchell Group
June 11	10:00 a.m.	Griffin/Mitchell Group
June 17		Father's Day

**MAY MISSION ACTION**  
**Hopewell Health Care Center**

**JUNE MISSION ACTION**  
**Vacation Bible School**



## **BET YOU DIDN'T KNOW.....**

By Kim B. Vealey, RN

### **THINK BEFORE YOU DRINK:**

Before taking your vitamins and meds, check to see if any beverages should NOT be taken with that dose. Below are some no-no's:

**\*Grapefruit Juice** - This juice slows down the enzyme activity needed to process more than 50 drugs. Read the label on the bottle, or call your pharmacist.

**\*Milk** - Calcium makes it harder for the body to absorb some meds, like thyroid pills.

**\*Orange Juice** - watch for symptoms of too much potassium, such as muscle cramps.

**\*Green Tea** - Vitamin K can decrease the effect of blood thinners, such as Coumadin.

All of the above drinks are considered 'healthy' - but when combined with meds, they can make you sick, or at least not as well as you should be.

And, in the 'Ounce of Prevention' Department, these timely tidbits...

**\*Drink your water ice-cold.** The low temp prompts your body to burn more calories during digestion.

**\*2491** - the number of additional steps taken each day by people who wear a pedometer versus those who don't. A mile is roughly 2000 steps for the average person, and it's recommended that we all walk 10,000 steps daily. This equals 5 miles!

**\*Bell peppers** contain natural chemicals called capsinoids that can help you lose weight. So, add more peppers to your daily food intake.

**\*1 ounce** is the amount of pomegranate juice you need to drink each day for a year to lower your blood pressure by up to 20%. Check with your doctor before doing this to make sure that the juice does not interfere with meds you're taking, or if you are a diabetic.

**\*62 beats per minute** - Women with this resting heart rate or lower are less likely to have a heart attack or other related heart issue.

I hope you've enjoyed reading the above info. A small change can make a big difference!

*Kim*

# May 2012

Worship Service Sunday 11 a.m.; Praise/Worship Service Sunday 6 p.m.; Prayer Service Wednesday 7 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00 AM Knit Wits	<b>2</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>3</b> 7:45 AM Men's Ministry-- to 9am 12:00 PM National Day of Prayer-Sanc. to 1pm	<b>4</b>	<b>5</b>
					<b>Eagle Eyrie Leadership Gathering</b>	
<b>6</b> 8:00 AM Men's Mnstry Bkfst 11:00 AM Communion 4:30 PM Hndbel Rhsl	<b>7</b> 5:00 PM Steward. Mtg	<b>8</b> 10:00 AM Knit Wits	<b>9</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>10</b> 7:45 AM Men's Ministry-- to 9am	<b>11</b>	<b>12</b>
<b>13</b> <b>Mother's Day</b> 6:00 PM Eve Svs CANC	<b>14</b> 10:00 AM Crfn/Mtcl W/M 7:00 PM Deacon Mtg	<b>15</b> 10:00 AM Knit Wits	<b>16</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>17</b> 7:45 AM Men's Ministry-- to 9am 6:00 PM Nominating Team	<b>18</b>	<b>19</b> <b>Armed Forces Day</b> 11:00 AM Relay for Life - Pr. Geo. Field - to 12 mid
<b>Pastor Away</b>						
<b>20</b> 4:30 PM Hndbel Rhsl	<b>21</b>	<b>22</b> 10:00 AM Knit Wits	<b>23</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>24</b> 7:45 AM Men's Ministry-- to 9am	<b>25</b>	<b>26</b>
<b>27</b> 11:00 AM Patriotic Svs 4:30 PM Hndbel Rhsl	<b>28</b>	<b>29</b> 10:00 AM Knit Wits	<b>30</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>31</b> 7:45 AM Men's Ministry-- to 9am		

Powers Memorial Baptist Church, 2807 Jackson Street, Hopewell, VA 23860 (804) 458-1251

# June 2012

Worship Service Sunday 11 a.m.; Praise/Worship Service Sunday 6 p.m.; Prayer Service Wednesday 7 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 10:00 AM Kehukee Family Day-to 4pm
<b>3</b> 8:00 AM Men's Mnstry Bkfst 11:00 AM Communion 4:30 PM Hndbel Rhsl	<b>4</b> 5:00 PM Steward. Mtg	<b>5</b> 10:00 AM Knit Wits	<b>6</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>7</b> 7:45 AM Men's Ministry-- to 9am	<b>8</b>	<b>9</b>
<b>10</b> 11:00 AM Graduation Recognition 3:30 PM Music Council 4:30 PM Hndbel Rhsl	<b>11</b> 10:00 AM Crfn/Mtcl W/M 7:00 PM Deacon Mtg	<b>12</b> 10:00 AM Knit Wits	<b>13</b> 5:45 PM Landscape Dnr 7:00 PM Business Mtg 7:50 PM Choir	<b>14</b> 7:45 AM Men's Ministry-- to 9am	<b>15</b>	<b>16</b>
<b>17</b> <b>Newsletter Deadline</b> <b>Father's Day</b> 6:00 PM Eve Svs CANC	<b>18</b>	<b>19</b> 10:00 AM Knit Wits	<b>20</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>21</b> 7:45 AM Men's Ministry-- to 9am 6:00 PM Nominating Team	<b>22</b>	<b>23</b>
<b>24</b> 4:30 PM Hndbel Rhsl	<b>25</b>	<b>26</b> 10:00 AM Knit Wits	<b>27</b> 7:00 PM Pyr Mtg 7:50 PM Choir	<b>28</b> 7:45 AM Men's Ministry-- to 9am	<b>29</b> 6:30 PM Young/Wilmoe wedding thsl	<b>30</b> 2:00 PM Young/Wilmoe wedding

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