



Forerunner

First Baptist Church
1024 E. Stuart Drive
Galax, VA 24333

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April 1–30, 2020



That Discomfort You're Feeling Is *Grief*

by Scott Berinato (edited for space)

The Harvard Business Review Staff met virtually the other day — a screen full of faces in a scene becoming more common everywhere. We talked about the this harrowing time of a pandemic but we also talked about how we were feeling. One colleague mentioned that what she felt was grief. Heads nodded in all the panes. If we can name it, perhaps we can manage it. We turned to David Kessler for ideas on how to do that. Kessler is the world's foremost expert on grief. Kessler shared his thoughts on why it's important to acknowledge the grief you may be feeling, how to manage it, and how he believes we will find meaning in it.

People are feeling any number of things right now. Is it right to call some of what they're feeling grief? Yes, and we're feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different. Things will change and this is the point at which they changed. The loss of normalcy; the fear of economic toll; the loss of connection. This is hitting us and we're grieving. Collectively. We are not used to this kind of collective grief in the air.

You said we're feeling more than one kind of grief? Yes, we're also feeling anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we're uncertain. Usually it centers on death. We feel it when someone gets a dire diagnosis or when we have the normal thought that we'll lose a parent someday. Anticipatory grief is also more broadly imagined futures. There is a storm coming. There's something bad out there. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can't see it. I don't think we've collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level.

What can individuals do to manage all this grief? Understanding the stages of grief is a start. There's denial, which we say a lot of early on: This virus won't affect us. There's anger: You're making me stay home and taking away my activities. There's bargaining: Okay, if I social distance for two weeks everything will be better, right? There's sadness: I don't know when this will end. And finally, there's acceptance. This is happening; I have to figure out how to proceed. Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually.

~ continued on Page 2 ~

WEEKLY ACTIVITIES

Sundays

10:00 am—Sunday School Classes:
Bill Davis & Kevin Spurlin
Online via ZOOM

11:00 am—Worship Service
Live on FACEBOOK

8:00 pm—TruNorth (Youth Group)
with Pastor Steve
Online via ZOOM

Mondays

6:00 pm—Pastor Kevin's Bible Study
“*The Book of Revelation*”
Live on FACEBOOK

Wednesdays

6:30 pm—Meditation & Devotion
with Pastor Kevin
Live on FACEBOOK

Thursdays

8:00 pm—TruNorth (Youth Group)
with Pastor Steve
Online via ZOOM

UPCOMING EVENT

April 09

7:30 pm—Maundy Thursday Service
Live on FACEBOOK

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When we're feeling grief there's that physical pain and the racing mind. Are there techniques to deal with that to make it less intense? Unhealthy anticipatory grief is really anxiety, and that's the feeling you're talking about. Our mind begins to show us images. We see the worst scenarios. That's our minds being protective. Our goal is not to ignore those images or to try to make them go away — your mind won't let you and it can be painful to try and force it.

The goal is to find balance in the things you're thinking. If you feel the worst image taking shape, make yourself think of the best image. We all get a little sick and the world continues. Not everyone I love dies. Maybe no one does because we're all taking the right steps. Realize that in the present moment, nothing you've anticipated has happened. In this moment, you're okay. You have food. You are not sick.

You can also think about how to let go of what you can't control. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on that.

Finally, it's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. A coworker got very snippy with me the other day and I thought, 'that's not like this person'; that is just how they're dealing with this. I'm seeing their fear and anxiety. So be patient. Think about who someone usually is and not who they seem to be in this moment.

One particularly troubling aspect of this pandemic is the open-endedness of it. This is a temporary state. It helps to say it. The precautions we're taking are the right ones. History tells us that. This is survivable. We will survive. This is a time to overprotect but not overreact. Now people are realizing they can connect through technology. They are not as remote as they thought. They are realizing they can use their phones for long conversations. They're appreciating walks. I believe we will continue to find meaning now and when this is over.



Hispanic Ministry

GREETINGS FROM OUR HISPANIC CONGREGATION!

ISAIAH 26:20 *Go, my people, enter your rooms and shut the doors behind you; hide yourselves for a little while until his wrath has passed by.* The Lord is wonderful, sovereign and in control in this hard time in which we are living. He is teaching us that He can change anything and everything in a heartbeat, but we can still trust Him. We can find comfort and rest in the knowing that God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. And if He that spared not his own Son, but delivered him up for us all, how shall He not with Him also freely give us all things?."

In the meantime, we as congregation are blessed to be taught by a pastor from Mexico through Facebook live. Also, few of the brothers have been working long hours at the church making more improvements and beautifying His temple. Glory to God that even in trouble times we can still learn from Him, we can still serve Him and glorify His name. When He lets us go back to normal services, we will have a prettier place to worship His name because we know He is in absolute control. God bless you all. Be safe and remember that our Lord is still sitting on His throne and He loves us.

*Many Blessings,
Daniel Sanchez*

ANNOUNCEMENT FROM THE GALAX AREA MINISTERIAL ASSOCIATION

We will **not** have our traditional **Holy Week Services** this year. Due to guidance on large group gatherings, that is the only responsible choice we could make. Let's continue praying for the healing of our community and our nation.



Minister to Youth & Families

Hello FBC Family,

I pray this edition of our monthly newsletter finds you and all of your loved ones safe and healthy! These certainly are crazy times we're living in, but you should know that your church staff have all been praying over you constantly. I am sure that, like us, you are missing the sweet times we are able to meet together physically in worship and fellowship. As they say, this too shall pass. In the meantime, for those of you who can stay home, I pray that you will make the most of this time to make special memories with your families, rekindle or continue to deepen your relationship with Jesus and let the light of God in you shine brightly to our world living in fear and confusion.



For now, our children and youth ministries are meeting online along with the rest of our church. The youth are meeting on Sunday and Thursday evenings at 8pm using the **Zoom Application** and I have been emailing links for our KidzQuest service out each Sunday morning. If you would like to access any of these but haven't been getting the invites or emails, please contact me so I can fix that. I have also been sending out various devotions, family game resources and parent resources. Again, if you haven't been receiving these and would like to, please let me know.

All of our camps and retreats are still on for now. When I get updates from the **Mission-Fuge** camp or **CentriKid** camps, I will update, but for now please plan on the camps still happening and get your forms to me asap. I would hate for anyone to miss camp this summer. I know that for some, money is getting tight, but please let me know if you have a child who would like to attend camp anyway. I might be able to find a sponsor or scholarship to help relieve that burden. The deadline to register is April 19th. After that I will be forced to cancel any remaining spots we have reserved, and new registrations will only be accepted if the camp still has availability.

Thank you for trusting me to minister to your wonderful children! They are all such a blessing. Remember, this is a stressful time for them as well. Their routine has been disrupted just like everyone else. They are missing their friends in a time of life when those relationships are so very important, and many are either scared or confused or both by this current situation. I pray for patience for all of you as you adjust to this new reality. If you or your child needs someone to talk to or even just to blow off steam, give me a call. (704-928-6566) I'd be happy to help any way I can.

*Blessings,
Pastor Steve*



A WORD FROM THE MUSIC MINISTER

When I write the Music Ministry Forerunner article each month, I emphasize Sunday worship, the hope that new folks will join us, and celebrate the wonderful "music family" that means so much to me. These weeks of change have been interesting, to say the least, but I once again hope that many of you will choose to join the Sanctuary Choir once this ban on social gatherings has been lifted. We do have new music in store, and each Wednesday at 6:30 p.m. is a fabulous time of fellowship as we sing praises to our Lord and Savior. On that note, let me share a story from **THEN SINGS MY SOUL** by Robert J. Morgan. In his **2011** edition, Mr. Morgan writes about some of the world's greatest hymns and the stories behind them. May **"O God, Our Help in Ages Past"** (pg. 61) bless you and yours. I look forward to seeing you soon!

"Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God." Psalm 90:1-2. Robert Morgan writes, "Another hymn in Isaac Watts' 1719 **'Psalms of David Imitated'** is based on Psalm 90, and is perhaps Watts' most bracing hymn. It was played on the radio by the BBC as soon as World War II was declared, and was later sung at the funeral service of Winston Churchill." He goes on to say, "...as you read [some of the original verses], think of the ailing hymnist, pouring over Psalm 90 and penning these words..." Ponder anew these powerful stanzas:

**"Under the shadow of Thy throne
Thy saints have dwelt secure;
Sufficient is Thine arm alone,
And our defense is sure."**

**"Before the hills in order stood,
Or earth received her frame,
From everlasting Thou art God,
To endless years the same."**

**"Our God, our help in ages past,
Our hope for years to come,
Be Thou our guard while troubles last,
And our eternal home."**



Donor Fund In Memory of:

Debbie Adams John Adams, Sr
Annie Armstrong Easter Offering

Penelope Kyle Mary Ann P. Leonard
Flower Fund



... to Charlotte Frye East on the death of her sister, **Mary Ann Price Leonard**, who passed away Wednesday, March 4, 2020.

... to Jack Edwards on the death of his mother, **Lucille Edwards**, who passed away Tuesday, March 24, 2020.

QUARTERLY BUSINESS MEETING RESCHEDULED

Our Quarterly Business Meeting was scheduled for April 29 and was to be combined with the Special Called Business Meeting to vote on the Endowment Fund. Please watch your emails for an announcement at a later date when this gets rescheduled.

NEW RIVER BAPTIST ASSOCIATION SPRING MEETING CANCELED

The April 26th NRBA meeting at FBC Hillsville is canceled. The fall meeting has been scheduled for October 18th at the First Baptist Church in Hillsville at 6:00 pm. Please mark your calendars for this meeting.



**CHRISTIANS
AIN'T PERFECT
BUT JESUS IS!**



**Women
on
Mission**

Women on Mission will not be meeting this month but will try to have a May or June meeting if restrictions on group meetings are lifted and things start getting back to normal Please stay safe.

We want to thank everyone for your very generous donations to the Annie Armstrong Easter Offering. As of March 31th the total given was **\$2,435**. The donations will go to help the missionaries in this time of crisis that we are in. To see what the North American Mission Board is doing during this COVID-19 pandemic go to <https://www.namb.net>.

PLEASE NOTE: Pastor Kevin's mission trip to the children's home in Kentucky as been postponed so we are suspending collecting food donations for now but we will resume once the mission trip gets rescheduled.

The **WMU Annual Meeting** on Saturday April 25, 2020 at 10:00 am here at First Baptist Galax is **CANCELED**. A meeting in the fall will be announced at a later date.

WILLING PARTNERS UPDATE

We are now open for business at 21 Matthews Street, Galax, and our new telephone number is 276-238-5500. We are trying to raise startup funds in the amount of \$25,000, and to date we have raised \$10,671 (43%) of that goal. The Coronavirus has, of course, thrown a curve to us...at a time when we should be serving our community we sit with our hands tied. But I'm positive that this is a temporary setback and God will see us through this. Thanks so much to everyone for your help and continued support.

*Thank you and be safe,
Kathy Cooley*

Sunday School Classes—Online Two Choices !

Until we return to regular church, two of our teachers, **Bill Davis** and **Kevin Spurlin**, are teaching their class online at 10 AM each Sunday morning through ZOOM Video Conferencing. If you are missing being in Sunday School and would like to listen to either of these amazing spiritual teachers, consider joining one of the classes via Zoom. **WATCH YOUR INBOX**—later in the week as we will send an email to the church with the links you need to take part in the "virtual Sunday School Class".

CURRENT WORSHIP STATISTICS

	03/01/2020	03/08/2020
Evening Attendance	151	106
Sunday School	164	149
11:00 A.M. Worship Service	193	206
Hispanic Worship Service	46	43
Total Worship Attendance	239	249
BUDGET REQUIRED	\$ 9,375.17	\$ 9,375.17
BUDGET RECEIVED	7,601.62	11,657.50
REQUIRED TO DATE	84,376.53	93,751.70
RECEIVED TO DATE	78,319.19	89,976.69
DESIGNATED RECEIPTS	1,920.79	1,565.75
TOTAL RECEIPTS	\$ 9,522.41	\$ 13,223.25
% Required Yrly Budget Rec'd	93%	96%
% Required Wkly Budget Rec'd	81%	124%

Facebook Views

11:00 A.M. Worship Service	409	510
Bible Study/Other Service	327	432

	03/15/2020	03/22/2020
Evening Attendance	0	0
Sunday School	118	0
11:00 A.M. Worship Service	145	0
Hispanic Worship Service	39	53
Total Worship Attendance	184	0
BUDGET REQUIRED	\$ 9,375.17	\$ 9,375.17
BUDGET RECEIVED	4,644.39	7,481.10
REQUIRED TO DATE	103,126.87	112,502.04
RECEIVED TO DATE	94,621.08	102,102.18
DESIGNATED RECEIPTS	2,331.91	1,622.07
TOTAL RECEIPTS	\$ 6,976.30	\$ 9,103.17
% Required Yrly Budget Rec'd	92%	91%
% Required Wkly Budget Rec'd	50%	80%

Facebook Views

11:00 A.M. Worship Service	334	1,100
Bible Study/Other Service	485	390



**New Hours During
the Pandemic**

**Monday - Tuesday
8:30 to 5:00**

CHURCH STAFF

Dr. Kevin Rosenfeld	Senior Pastor
(Office) 236-5185	
Rev. Steve Goatley	Minister of Youth & Families
(Office) 236-5185	
Mrs. Wendi Pemberton	Minister of Music
(Office) 236-5185	
Mrs. Marlene Tipton	Administrative Secretary
Mrs. Marie Combs	Financial Secretary
Mrs. Nancy Hazelwood	Organist
Mrs. Patty Davis	Pianist
Mrs. Marian Porter	Weekday Preschool Director
	Preschool/Extended Session
Mr. & Mrs. Kevin Spurlin	Sunday School Co-Directors
Mrs. Penny Adams	Bus Ministry Director
Mrs. Martha Easter, RN	Volunteer Health Nurse
Mr. Paul Sawyers	Sexton

CHURCH PHONE 276-236-5185

FAX 276-236-5186

E-MAIL: secretary@fbcgalax.org

Website: www.fbcgalax.org

www.facebook.com/FBCGalax

Prayer Requests

Gene Cox, hit by a car (Gerald Cox's brother); Lynda Croft, foot surgery; Family of Scotty Johnson; Carolynne Johnson, awaiting shoulder surgery (Susan Higgins' sister); Judy Hennis; Linda Riddle, knee surgery; Mark McMickle; Miles Compton, lung cancer; Hilda Hodges; Betty Parrish; Cami Gathercole & her daughter (Cami is daughter of Joe & Barbara Sizemore); Stanley Armstrong, cancer; Johnny Hodges, cancer (Hilda Hodges' brother); Chad Trent, cancer (Linda Riddle's nephew); Sharon Garrett, cancer; Barbara Baxley; Laila Cox; Ronald Vaught; Alice Hasbrouck (Susan Honaker's sister); Imogene Frye; Kim Kinser, cancer (Mary Dotson's daughter); Lou Brock (Betty Parrish's daughter); Wanda Jean Harris; Mike McMillan; Juan Rios; Colene Larrowe; Geraldine McMillan (Rhonda McMillan's mother); Fran Halsey; K.T. Carico; Betty Walker, Stage IV cancer (Penny Adams' sister); Stanley Meador (Marie Combs' son); Gladys Catron; Max Brown, leukemia (Martha Dozier's great-grandson); Mary Littreal; Sylvia Robinson, cancer; Nell Bartlett; Betty Robinson, kidney failure; Judy Fayne, cancer (Eugene Fayne's daughter); John & Debby Stringer; Ronald Cummings (Dolly Moss' brother); Betty Fender (Ann Roberts' mother); Our Country; The Unemployed; USA Military and other coalition forces;

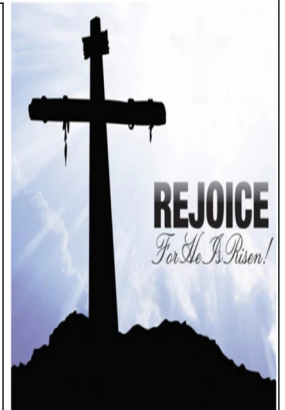
NURSING HOMES: Hillsville Health & Rehab - Martha Combs, Rm 203 (Dennis Combs' Mother); Doris Marshall, Rm 206 (Benita Bryant's Mother); **Waddell Nursing Home** - Gaye Iroler, Rm 14 (Terry Anders' Mother); Glennis Morris, Rm 111-B; Helen Robinson, Rm 209-D

STATISTICS - CONT'D 03/29/2020

Evening Attendance	0
Sunday School	0
11:00 A.M. Worship	0
Hispanic Worship Service	0
Total Worship Attendance	0
BUDGET REQUIRED	\$ 9,375.17
BUDGET RECEIVED	6,968.31
REQUIRED TO DATE	121,877.21
RECEIVED TO DATE	109,070.49
DESIGNATED RECEIPTS	4,609.05
TOTAL RECEIPTS	\$ 11,577.36
% Required Yrly Budget Rec'd	89%
% Required Wkly Budget Rec'd	74%

Facebook Views

11:00 A.M. Worship	708
Bible Study/Other Service	409



**First Baptist Church
1024 E. Stuart Drive
Galax, VA 24333**

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30pm-Meditations & Devotions with Pastor Kevin on FACEBOOK	2 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	3	4
5 10:00am-S.S. Classes Meeting via ZOOM 11:00am-Worship Service on FACEBOOK 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	6 6:00pm-Bible Study with Pastor Kevin on FACEBOOK	7	8 6:30pm-Meditations & Devotions with Pastor Kevin on FACEBOOK	9 7:30pm-Maundy Service with Pastor Kevin on FACEBOOK 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve Maundy Thursday	10 Good Friday	11
12 10:00am-S.S. Classes Meeting via ZOOM 11:00am-Worship Service on FACEBOOK 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve Happy Easter	13 6:00pm-Bible Study with Pastor Kevin on FACEBOOK	14	15 6:30pm-Meditations & Devotions with Pastor Kevin on FACEBOOK	16 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	17	18
19 10:00am-S.S. Classes Meeting via ZOOM 11:00am-Worship Service on FACEBOOK 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	20 6:00pm-Bible Study with Pastor Kevin on FACEBOOK	21	22 6:30pm-Meditations & Devotions with Pastor Kevin on FACEBOOK	23 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	24	25
26 10:00am-S.S. Classes Meeting via ZOOM 11:00am-Worship Service on FACEBOOK 8:00pm-TruNorth Meeting via ZOOM with Pastor Steve	27 6:00pm-Bible Study with Pastor Kevin on FACEBOOK	28	29 6:30pm-Meditations & Devotions with Pastor Kevin on FACEBOOK	30 8:00pm-TruNorth Meeting via ZOOM With Pastor Steve		



April 02

*Dolly Moss
Kate Stevens*

April 03

Daniel Coleman

April 04

Kemper Coleman

April 06

Alex Galvan

April 08

*Imogene Frye
Robert Hill
Lora Williams*

April 09

*Iona Adams
John Garner*

April 10

David Peterson

April 11

*Cathy Parks
Wendi Pemberton
Lewis Porter*

April 12

Aubrey Hall

April 13

Savanna Lumpkin

April 14

*Evelyn Beamer
Harlos Larowe
Sharon Plichta
Veronica Robles*

April 15

*Lois Billings
Mary Ann Hampton*

April 18

Lynne Barker

April 19

*Mike Coleman
Susie Garner*

April 23

*Jealynn Coleman
Phil Helms*

April 24

Dick Cooley

April 27

*Selena Cline
Joshua Rosenfeld*

April 28

*Susan Higgins
Eric Testerman*

April 30

David Matthews