





I am not an expert in such things, but I understand from articles I have read that up to 70-80% of physical illnesses are stress related. What that tells me is that the human body was not created to sustain a chronic amount of stress day in and day out. We all need to be refreshed. We all need our soul restored.

My prayer today is that each one of us would find the rest that we need in the midst of the hustle and bustle of our busy lives. May the Lord renew our strength, may He refresh and restore us, and as The Message Bible says... may we be able to catch our breath.

In Christ's Love,

Kevin



April is such a beautiful time of the year! The warm weather is so welcoming, and the longer days mean more sunlight for us to enjoy. Buds are beginning to "spring forth," and whether we're talking about Easter eggs or flowers, stunning colors will be seen everywhere. There is a sense of rebirth in all things. So, isn't it perfect that this is the season when we celebrate Easter, a season where we celebrate the gift of eternal life and the resurrection of our Lord and Savior? But while there are still a few weeks left during the season of Lent. let us continue to reflect and pray as we eagerly await Easter Sunday morning.

During this Lenten season, the Music Ministry has been hard at work, so we hope that you will plan to worship with us on Palm Sunday evening, **April 13**, at **7:00 p.m.** as we present some of David Clydesdale's most memorable Easter music. Invite a friend and join us as we reflect on Christ's journey to the cross and His glorious resurrection through stirring narration and beautiful choral works. We look forward to worshipping with you!

The day of resurrection! Earth, tell it out abroad; The Passover of gladness, The Passover of God. From death to life eternal, From earth unto the sky, Our Christ hath brought us over With hymns of victory.

Our hearts be pure from evil, That we may see aright The Lord in rays eternal Of resurrection light; And, listening to His accents, May hear, so calm and plain, His own "All hail!" and, hearing, May raise the victor strain.

Now let the heav'ns be joyful! Let earth her song begin! The world resound in triumph, And all that is therein; Let all things seen and unseen Their notes of gladness blend; For Christ the Lord hath risen, Our joy that hath no end. John Mason Neale, St. John Of Damascus. CCLI Song #2725914. ©

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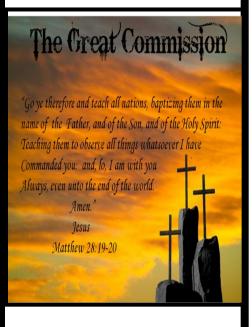


April 13th is Palm Sunday. This event is celebrated each year by Christians. According to the gospels, Jesus arrived in Jerusalem to celebrate the Passover, entering the city riding a donkey. He was greeted by a crowd acclaiming Him by waving palm branches and laying cloaks on the ground to honor Him. In fulfillment of the Old **Testament prophecy, Jesus** entered Jerusalem riding the colt. (Zechariah 9:9) Palm Sunday is both a happy and sad day for Christians. We feel happy because we are praising Jesus, but also sad because we know it was only one week later that Jesus died. On Palm Sunday, our children will celebrate with a procession into the church sanctuary waving palm branches. These branches will be saved for Pastor Kevin to be burned into ashes to be used next year on Ash Wednesday. Let's help the children celebrate Palm Sunday and let's be happy because we know that on resurrection Sunday Jesus arose from the dead and **HE IS ALIVE FOREVERMORE! Revelation 1:18**



SPRING HAS FINALLY ARRIVED AND WE ARE LOOKING FORWARD TO GREAT THINGS HAPPENING IN OUR CHURCH. PASTOR MAURICIO VILLARREAL and his wife, Elsa, will be **MOVING FROM TEXAS TO** VIRGINIA IN MAY TO BECOME PART OF OUR CONGREGATION AND TO SERVE AS OUR SPIRITUAL LEADER. PLEASE BE IN PRAYER FOR THEM AND FOR OUR CHURCH. WE ARE VERY EXCITED TO SEE what God has in store as WE WORK TOGETHER AS A TEAM TO ACHIEVE NEW GOALS, **GROW OUR CHURCH, AND WIN** SOULS FOR CHRIST.







Annie Armstrong 1850-1938

Annie was unstoppable in her passion for missions!

Annie was born in Baltimore at a time when there was little opportunity for women. Yet, her devotion to Christ led her to a life of service and leadership. She organized women to pray, to give and to meet the needs around them. She challenged pastors and churches to action and rallied vital support for missionaries. Ultimately, Annie was recognized as a national Southern Baptist trailblazer for her visionary leadership that still inspires millions today.

We want to thank everyone for all the very generous donations to the Annie Armstrong Easter Offering this year.

Our goal is \$3,000.00 and \$2,500 has been raised as of April 1, 2025 with 100% of the contributions going to missionaries locally our in country. Offerings will be accepted through the month of April.

You are invited to join us on Tuesday, April 8th, at 11:0 am in the Common Ground Room for our regularly scheduled monthly meeting of the Women on Mission Group. Come join us for a time of good fellowship as we discuss and plan mission projects.

- Christy Sumner



Jesus Christ said in Matthew 19:14 "Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven." Thank you, Lord, for all the precious youth that come each Wednesday to the Kingdom Kids Ministry! The youth are hungry for the word of God and seeking salvation! We rejoice over the good news of several youth who have chosen Jesus Christ as their Lord and Savior! There have been several baptisms over the past months.

What path or race do you choose? Do you choose to "run in the path of God's commands" Psalm 119:32? Do you choose Jesus and the crown of righteousness—" I have finished the race, I have kept the faith. And now the prize awaits me-the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of His return." 2 Timothy 4:7-8 Or, do you choose to run an aimless race where "all is vanity and there is futile grasping and chasing the wind" Ecclesiastes 1:14; a path with no purpose but filled with destruction and death?

Our prayer is for all to be believers and followers of our Lord and Savior Jesus Christ, the King of all kings, the light of the world!

We worship a risen Savior! We should be rejoicing always! During this Easter season please think on Isaiah 53, think how much Jesus Christ loves you! Isaiah 53

Who has believed our message? To whom has the Lord revealed his powerful arm? My servant grew up in the Lord's presence like a tender green shoot, like a root in dry ground. There was nothing beautiful or majestic about his appearance, nothing to attract us to him. He was despised and rejected-man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. Yet it was our weaknesses he carried; it was our sorrows that weighed Him down. And we thought His troubles were a punishment from God, a punishment for His own sins! But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on Him the sins of us all. He was oppressed and treated harshly, yet He never said a word. He was led like a lamb to the slaughter. And as a sheep is silent before the shearers, He did not open His mouth. Unjustly condemned, He was led away. No one cared that He died without descendants, that His life was cut short in midstream. But He was struck down for the rebellion of my people. He had done no wrong and had never deceived anyone. But He was buried like a criminal; He was put in a rich man's grave. But it was the LORD's good plan to crush Him and cause Him grief. Yet when His life is made an offering for sin, He will have many descendants. He will enjoy a long life, and the LORD's good plan will prosper in His hands. When He sees all that is accomplished by His anguish, He will be satisfied. And because of His experience, my righteous servant will make it possible for many to be counted righteous, for He will bear all their sins. I will give Him the honors of a victorious soldier, because He exposed himself to death.

"For I know that my Redeemer lives, and at the last He will stand upon the earth..." Job 19:25

March 2025 Attendance Records	Prayer Requests Max Brown, Mike Coleman, Shirley & Benny White, John Garner, Amy Russell,
03/02/2025 Sunday School 95 11 am Worship 153 Evening Attendance 167 Hispanic Worship <u>46</u> 461	Johnny Dillon, Rose Houk, Barry Newman, Nancy Blair, Frank & Eula Merrill, John Weaver, Doris Bedwell & Charlie Whalen, Joe & Sara Lindsey, Cheryl Harris, Steve Conley, Debbie Patterson, Mimi Banks, Ann Carol Roberts, & Joe Sizemore. Forest & Virginia Newman—Waddell Nursing & Rehab Betty Parks—Waddell Nursing & Rehab Iona Adams—Galax Health & Rehab—Room B17
03/092025Sunday School8711 am Worship140Evening Attendance52Hispanic Worship29308	Dolores Dove—Waddell Nursing & Rehab Pray for all those in the Nursing Home & Rehab Centers Pray for our country & the U.S. Military & other coalition forces.
03/16/2025 Sunday School 72 11 am Worship 115 Evening Attendance 51 Hispanic Worship <u>41</u> 279	Flower Arrangement Donated by Bill Brannon In Memory of Gardner Brannon's March 25th Birthday Donation By Evelyn Beamer To The Women On Mission Fund In Loving Memory Of Joan Miller
03/23/2025 Sunday School 89 11 am Worship 173 Evening Attendance 61 Hispanic Worship <u>46</u> 369	
03/30/2025 Sunday School 97 11 am Worship 190 Evening Attendance 64 Hispanic Worship <u>50</u> 401	Sympathy Irene South Shupe on March 17th.
	MARCH TEAM VOLUNTEERS <u>NURSERY</u>
CHURCH STAFF Dr. Kevin RosenfeldSenior Pastor	April 6Tara SpurlinApril 13Sally HillApril 20Penny AdamsApril 27Sara Hall
Mrs. Wendi PembertonMinister of Music Ms. Barbara BourneAdministrative Secretary Mrs. Marie CombsFinancial Secretary Mrs. Nancy Hazelwood Organist Mrs. Patty DavisPianist Ms. Lynn Frank	SECURITY TEAMApril 6Mark Burnett & Phil HelmsApril 13Cody Edwards & Billy WhitakerApril 20Terry Anders & Gerald CoxApril 27Johnny Dickson & David Riggen
Pastor Kevin RosenfeldPreschool/Extended Session Pastor Kevin RosenfeldSunday School Director Mrs. Penny Adams Bus Ministry Director Mrs. Martha Easter, RN Volunteer Health Nurse Rod Hale Sexton	WELCOME CENTERFIRST IMPRESSIONSApril 6Debbie PattersonMarty & Cathy ParksApril 13Kathy CoxPatty Boyer & Debi DixonApril 20Karen DicksonCalvin & Sue GriffithApril 27Sarah KeatleyJohnny & Karen Dickson
CHURCH PHONE: 276-236-5185 CHURCH FAX 276-236-5186	TECH SOUND TECH PROJECTION
E-MAIL: <u>secretary@fbcgalax.org</u> Website:	April 6Trevor AndersBryan DillonApril 13Mike StevensJessica WhitakerApril 20Bryan DillonTrevor AndersApril 27Gary BallardJessica Whitaker
Church Office Hours: Monday—Friday 8:30—5:00 Friday—8:30—1:00	

PASTOR KEVIN'S APRIL 2025 SERMON SERIES

April 6—Fifth Sunday of Lent "A Door Open, A Shepherd Chosen" Zechariah 11:1-17

> April 13—Palm Sunday "A Vision for the Church" Zechariah 12:1-9

April 17 Maundy Thursday Service @ 8:00 pm

April 20— Easter Sunday Easter from Judas Perspective Communion

April 27 Guest Speaker: Jeff Combs

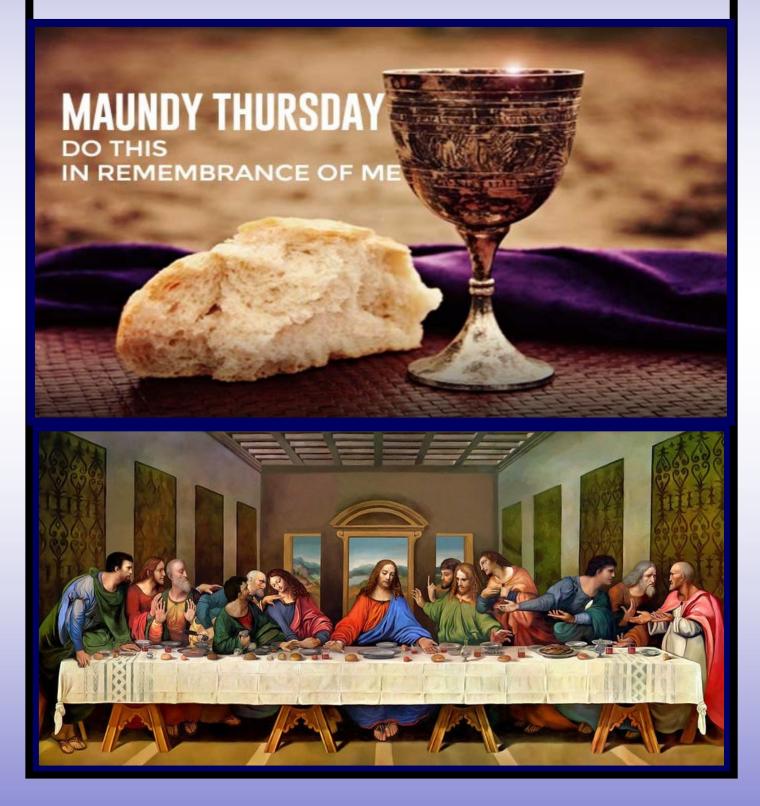


SUNDAY, APRIL 13 7:00 PM Easter Cantata Presented by the First Baptist Church Choir



Thursday, April 17th at 8:00 pm

First Baptist Church Maundy Thursday Service FBC Sanctuary



Please Join Us For Our Easter Worship Service

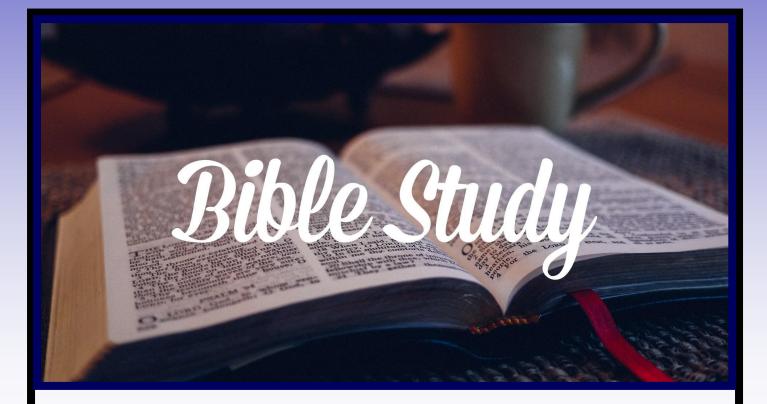
come Join Us

Easter Sunda

Sunday, April 20th At 11:00 am

Easter Sunday marks the resurrection of Jesus! The resurrection of Jesus signifies the triumph of good over evil, offering a message of hope and renewal. Easter celebrates the defeat of death and the hope of salvation!

Attending Church on Easter Sunday is an excellent way to honor Christ and to remember the love Christ showed us when He gave the ultimate sacrifice on our behalf. Easter should by no means be the only day on which we show our gratitude. Easter would be the perfect time to make a commitment to honor Him throughout the year. Let's make a commitment to honor Him by regularly reading the Bible, by incorporating prayer into our daily life and by gathering with others for fellowship and worship each and every Sunday!



Pastor Kevin's Monday Evening Bible Study

Each Monday Evening At 5:30 pm

Spring 2025 Bible Study From the Book of Jude

You may attend in person, view through Facebook or livestream www.fbcgalax.org

Study Notes are sent out each Monday If you are not on the email list and would like to receive the notes, please notify the church office at secretary@fbcgalax.org 9 asked Jesus, "How much do You love me?" "Jhis much," He answered,

> and He stretched out His arms and died. author Unknown

> > TARNUM © 2010

A MEDICAL DESCRIPTION OF JESUS' DEATH

Jesus's Agony in Gethsemane

Jesus' anguish began in the Garden of Gethsemane in the early morning of his arrest. The Bible records that Jesus essentially had what we now call a "panic attack." Jesus was in great distress that night. Luke 22:44 reads "And being in an agony he prayed more earnestly: and his

sweat was as it were great drops of blood falling down to the ground. A medical condition called hematohidrosis occurs when someone undergoes such intense stress levels, resulting in blood vessels that rupture into the sweat glands, causing a hemorrhage into the ducts of the sweat glands and the subsequent extrusion out into the skin.

Thus, the person sweats blood.

Jesus Endures A Roman Scourging

Mark 15:15 And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scoured him, to be crucified. Scourging was the usual procedure prior to being crucified. The definition of scourge is to whip severely, to cause severe suffering. This type of punishment was the most brutal and inhumane punishment executed by Roman Soldiers. The victim was usually tied to a two-foot- high scourging post and then whipped with a torture device call a "scourge."

The victim would be stripped of their clothing so the flesh would be bare to the torturous beating.

The scourge typically had three leather straps, and at the end were small balls of metal, iron, or bone. The end of the whip would sometimes have hooks that sank into the skin, ripping off the flesh.

The severe blows to the chest and ribs could result in the bones being broken, bruised and even ripped out during this process, causing excruciating pain every time the victim attempted to take a breath.

The medical term is respiratory splinting.

(Note: The Bible tells us that a bone of Jesus shall not be broken) The victim would squirm and twist in agony, falling to their knees, only to be jerked back on their feet over and over until they could no longer stand up. All human dignity was stripped away and insults and scornful words were shouted out at the victim for further humiliation.

Jesus Crowned With Thorns

Mark 15:17-18-19 And they clothed him with purple, and plaited a crown of thorns, and put it about his head. And began to salute him, Hail, King of the Jews! And they smote him on the head with a reed, and did spit upon him, and bowing their knees worshipped him.

The blows from the staff would have irritated the nerves bringing about pains that would be similar to an electric shock.

At this time, there would be a significant build-up in the lungs

(pleural effusion) causing shortness of breath and

hypovolemic shock which is a life-threatening condition that occurs when the body loses a large amount of blood or fluids preventing the heart from pumping enough blood. Symptoms of hypovolemia include weakness, fatigue, dizziness, and increased thirst.

Jesus On The Way To Calvary

The trip from Antonia to Golgotha was an unpaved bumpy road that was about a half a mile uphill climb.

Extreme pain would have been felt every time Jesus tripped and fell from exhaustion, compounded further in His muscles and joints from having to get back up again and again. The purple robe they placed on Jesus would have been virtually glued to His body by the clotted blood in the open wounds caused by the scourging and Jesus would have endured great pain when they stripped him of the robe and put His own clothing back on Him.

Matthrew 27:31 And after that they had mocked him, they took the robe off from him, and put his own raiment on him, and led him away to crucify him. The wooden cross used by the Romans was too heavy to be carried by one man. Instead the victim to be crucified was made to bear the detached crossbar across his shoulders, carrying it outside the city walls to the place of execution. (The heavy upright portion of the cross was permanently in position here.) Jesus was unable to carry his load—a beam weighing around 75 to 125 pounds. He collapsed under the burden, and Simon, a Cyrenian, was ordered

to take it for him.

Luke 23:26-27 And as they led him away, they laid hold upon one Simon, a Cyrenian, coming out of the country and on him they laid the cross, that he might bear it after Jesus. And there followed him a great company of people, and of women, which also bewailed and lamented him.

Jesus Crucified

At the place of death, three Roman Soldiers would force the victim to lie down while securing them to the crossbar of the cross. One soldier would lay across their chest, holding them in place, while two other soldiers would stretch out their arms to secure their hands to the crossbar.

The nails (about 5 inches long) would have been nailed through the palm of the hand, just below the bulge at the base of the thumb.

Thomas doubted and would not believe until he could see in Jesus' hands the print of the nails , and thrust his hand into his side.

(John 20: 27 Then said he to Thomas, Reach hither thy finger, and behold my hands; and reach hither they hand and thrust it into my side: and be not faithless, but believing.)

The two soldiers on each side would lift the victim, while the third soldier would grab them by the waist or legs, lifting them to their feet.

The victim would be secured to the vertical piece of the cross that was already in the ground.

The victims knees would be bent until their feet were flush against the cross, and then both of their feet were nailed to the cross.

The cross was eye level so that the crowd could mock and insult the victim. The crucifixion would take place on a hill that was visible to the majority of the city.

This was done not only to humiliate the victim but also to deter others from committing crimes that would warrant crucifixion. Jesus had committed no crime!

Bouts of vomiting, tremors, and fainting fits could have occurred frequently during this whole process. Shivering, severe sweating and frequent seizures could also be experienced.

The Death of Jesus

The victim would thirst and beg for water. A decrease in blood pressure would have caused light-headedness, and the heart rate would go up to 200 beats per minute to account for further blood loss. The breathing of those being crucified would be affected and they would lift themselves up by their feet and legs to make it easier to breath in an effort to prevent suffocation. The Roman soldiers would break their legs so the victim could not lift themselves up and death would come more quickly. However, the soldiers did not need to break the legs of Jesus because he was already dead, thus fulfilling scripture that a bone of him shall not be broken. The victim endures so much pain that their body finally gives out due to traumatic and hypovolemic shock. The hemorrhaging and pain overwhelms their body to the point of death.

John 19:28-37 After this, Jesus knowing that all things were now accomplished,

that the scriptures might be fulfilled, saith, I thirst. Now there was set a vessel full of vinegar: and they filled a sponge with vinegar, and put it to his mouth.

When Jesus therefore had received the vinegar, he said, "It is finished; and he bowed his head, and gave up the ghost.

The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate and their legs might be broken, and that they might be taken away.

Then came the soldiers, and brake the legs of the first, and of the other which was crucified with him.

But when they came to Jesus, and saw that he was dead already, They brake not his legs.

But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.

And he that saw it bare record, and his record is true; and he knoweth that he saith true, that ye might believe.

For these things were done, that the scripture should be fulfilled,

A bone of him shall not be broken.

And again another scripture saith, They shall look on him whom they pierced.

Jesus could have called twelve legions of angels to set him free, but he chose to die for you and me!



Kids & Youth April Schedule

April 6 @ 6:00 pm Sunday Night Dinner & Breakout Groups

> April 13 @ 7:00 pm Choir Easter Program

April 20 Easter Sunday—No Evening Activities





First Baptist Church Is Scheduled To Prepare & Serve Food on Monday, April 7

Please have bread and desserts to the church by 1:00 pm

A Volunteer Sign-Up Sheet is Located Outside the Church Office or You May Call The Church Office 276-236-5185 We Would Love To Have 10 Volunteers

> Volunteers Need To Be At God's Storehouse Soup Kitchen From 3:30 pm—6:00 pm To Help Serve Food & Drinks

The Soup Kitchen is located at 406 W. Oldtown St–Galax, VA

DEDICATED TO THE LORD On March 30th, 2025

THEODORE LEE LARROWE

Son of Alex and Taylor Larrowe



With thankfulness this day we lift you, Baby Theodore, cherished gift, on offering to God above as Heaven floods our heart with love.

Loving God, you are the giver of all we possess and the source of all our blessings. We thank you and praise you for the gift of this beautiful baby. May this child always walk in the light of Christ and follow your holy will. We rejoice for the loving example of this child's parents. Bless them with your love, peace, joy, strength, patience, and wisdom as they dedicate themselves to the Christian nurturing of their precious son.



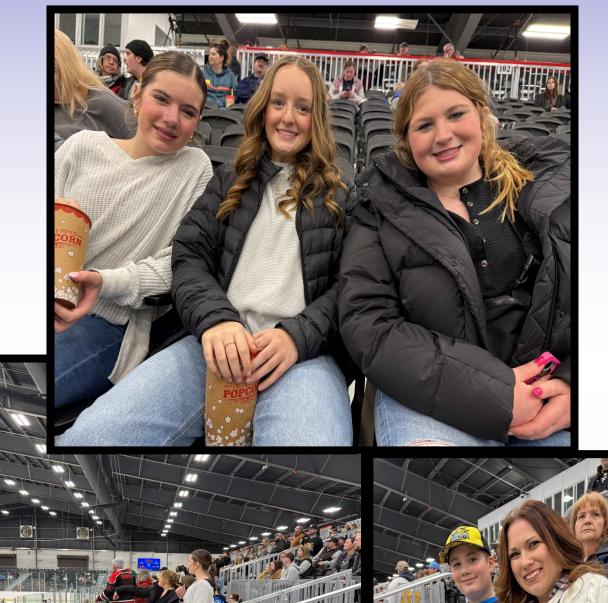
Pilot Luke Sawyer's Visit Intrigued Much Interest In Becoming a Pilot! Mrs. Rosenfeld's & Mrs. Dickson's Class Enjoyed King & Queen Day and Pastor Kevin's Demonstration of the Letter "G" Is For Guitar!



March included Special Visits From Mary Tomlinson, Large Animal Veterinarian & Debbie Porter The Children Fell In Love With The Baby Lambs



There Was Lots of Excitement & Fun For The Children, Youth & Adults At The Blue Ridge Bobcats Hockey Game On March 1













SUNDAY	MONDAY	TUESDAY	WEDNEDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Dolly Moss Kate Stevens Sonia Truitt	3 Daniel Coleman	4 Kemper Coleman	5
6 Alex Galvan	7	8 Imogene Frye Robert Hill Lora Williams	9 Iona Adams John Garner	10 David Peterson	11 Judy Eddy Anita Gray Cathy Parks Wendi Pemberton Lewis Porter	12
13 Savanna Lumpkin	14 Evelyn Beamer Mary Ann Hampton Harlos Larrowe Veronia Robles	15	16	17	18 Lynne Barker	19 Mike Coleman Mark Denton Susie Garner
20	21	22	23 Jealynn Coleman Phil Helms	24 Dick Cooley	25	26
27 Selena Cline Lindsey Ferguson Joshua Rosenfeld	28 Susan Higgins Eric Testerman	29 Kathy Burnett	30 David Matthews			



April 2025 Services & Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Celebrate the resurrection of our Lord! <i>Happy</i> EASTER		1 10 am Paper Pals	2 5:30 pm Kingdom Kids 6:30 pm Choir Rehearsal	3	4	5
6 9:45 am Sunday School 11:00 am Worship Service 6:00 pm Children & Youth Meeting	7 Soup Kitchen Please have bread & desserts to the church by 1:00pm 5:30 pm Bible Study with Pastor Kevin	8 10:00 am Paper Pals 11 am Women on Mission	9 6:30 pm Choir Rehearsal	10	11	12
13 9:45 am Sunday School 11:00 am Worship Service Palm Sunday 7:00 pm Choir's Easter Program	14 5:30 pm Bible Study With Pastor Kevin	15 10:00 am Paper Pals 11:00 am Women on Mis- cion	16 5:30 pm Kingdom Kids 6:30 pm Choir Rehearsal	17 8:00 pm Maundy Thursday Service Vaundy hursday	18 Good Friday	19
20 9:45 am Sunday School 11:00 am Worship Service	21 No Bible Study Church Office Will Be Closed	22 10:00 am Paper Pals	23 6:30 pm Choir Rehearsal	24	25	26 9 am—5 pm Fellowship Hall Reserved
27 9:45 am Sunday School 11:00 am Worship Service Business Meeting	28 No Bible Study	29 10:00 am Paper Pals	30 5:30 pm Kingdom Kids 6:30 pm Choir Rehearsal			



SOUP KITCHEN April 7

Please have bread and desserts to the church by 1:00 pm Volunteer Sign-Up Sheet Is Located Outside The Church Office



Kingdom Kids April 2, 16, 30 @ 5:30 pm

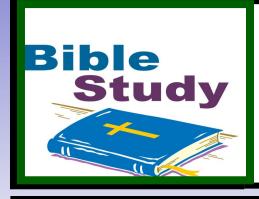


Grief has no timeline

April 8 (a) 11:00 AM Please call the church office or contact Christy Sumner for more information

Loss Support Group April 17 @ 11:30 am Lead by Bruce Thomas

For More Information Please Contact The Church Office









CHOIR REHEARSAL EACH WEDNESDAY (a) 6:30 PM

If you would like to join the choir, please call the church office or see Wendi Pemberton

FBC Choir's Easter Cantata Sunday, April 13th at 7:00 pm Please Join Us!



Tru-North & Kids Explorers 6:00 pm MEETINGS

April 6—6 pm Meeting & Dinner April 13– 7:00 pm Choir's Easter Cantata April 20—Easter Sunday—No Meeting



PAPER PALS Each Tuesday @ 10 am

Volunteers are needed to help prepare craft projects for the Preschool teachers.