

We Are



Central Baptist Herald
May, 2019



**Friday & Saturday,
May 17 & 18
Adams Hall**

*Help
Send a
Youth
to Summer
Mission Camp*

**Fund-Raiser for
Youth Camp**

**Furniture
Household Items
Clothing
Costume Jewelry
Decorative Items
Books & MORE!**



YOU Can Help: We need your sale items; Call Steve Lauxman for pick-up or for drop-off appointment.



More Easter
photos P5....

In this Issue...

Sonny Gallman.....	P 1
Linda Pigott	P 3
May Calendar	P4
Mothers' Day Celebration	P3
Prime Timers.....	P6



Sonny's Sayings...

For the last 3 years, this time of year, from May on through July, I often reflect on the journey I have been on with my health. On July 4, 2016, I weighed 295 pounds. Many of you remember how I looked back then, and you remember that I used to joke often in my sermons about

how much I liked to eat. All of it was true. I was 45 years old, and as much as I enjoyed food, I knew something had to change if I was going to watch my children grow up.

Something awoke in me that day that has stayed with me since: a concrete desire to be healthier. Cold turkey, I cut out sugar and soda, and while I had already been mostly gluten-free, I became completely gluten free. I was disciplined about getting my exercise, and the pounds started dropping off quickly. By October 15th of that year, I weighed 240 pounds. I was proud of myself for the hard work that I had put in to get the pounds off. I had lost 55 pounds in about 3 months. But my target weight was 225. It still is. In other words, while I am proud that I lost that weight, and that I have kept it off (I still weigh 240 pounds, give or take 2 or 3 pounds), I have not reached the goal that I set for myself yet.

I was disappointed at first when the last few pounds would not come off, and I have not given up hope on that. But I did have to realize that my health, and my goal weight, were a journey that was on. In the past, I would have been happy that I lost the weight, but when I realized that the rest of it would be much harder work, I would have given up, and started eating again. But this time, I realized that the thought or hope that I would be able to reach my goal easily was a dream, but the real journey of keeping it off was filled with rewards. So, now in the "journey" mindset, I am trying new strategies to get the rest of the weight off. No fads, no magic pills, but strategies for eating and exercising that will make up the next step of my journey.

When I write the story of my health journey, I am reminded of the journey on which all of us are participating in our faith. You can imagine my initial weight as the beginning point of our faith, and then you can see that just as I am further along than when I started, we in our faith are further along than when we started ourselves. And even as I am not there yet, we are all not there yet with our faith. As there have been slow downs for my weight, and even a plateau of sorts, our faith journeys often hit a plateau. This is a place where we are not going backward, but we are not really moving forward either.

The key to overcoming that plateau and moving forward (whether it is dropping weight or growing closer to God), is to change strategies. Sometimes changing strategies means doing something differently, and sometimes it means thinking differently about what we are already doing. In my case, I will have to create larger spaces between eating, so my body can start burning fat for its fuel, and I will have to start getting more sleep. With our faith, some of us might need to change the time of our devotional, or even begin a devotional. For others, it may mean accepting a new reality in our lives.

Praising God!

Year-to-Date (4/21/19)

Avg. Worship Attendance: 129

Total Receipts: \$198,428.99

Total Spending: \$136,550.30

Easter Offering Goal \$15,000

Gifts to date: \$6,108.57

Last Day to Give to Easter Offering: May 5

Special Gifts this Month

In Loving Memory of:

Trevor & Jennifer Leonardi

For: Children, Youth & MOPS Ministries

From: Kevin & Kimberly Leonardi

Lela Snow, Willodeen Sanders,

Gaynelle Posey & Priscilla Grimes

From: Peggy Lynn Gibson

Bob Miranda

From: Burniece Miranda

Russell Barnhart, Bo Gibson, & Jennifer Smith

From: Bob & Mary Anne Trumbull

Jennifer Smith

For: Youth Summer Camp

From: Flo Mose

Thanks, also, to those who gave Memorial Lily gifts to decorate the sanctuary on Easter Sunday!

You Can Give Now

Use this QR code to connect to your online bank. Your generosity means that Central can more easily shine a light for Christ in our neighborhood and around the world. You may also contribute at www.centralbc.org.

Visa and MasterCard accepted.



But as in my health journey, our faith journey is never really over. While my target weight is 225 pounds, I know that I will have to continue working on my health even after the goal is reached, or I could fall back. Similarly, even if we have made some changes and feel like we are closer to God, we will have to continue working out our faith, so that we can avoid falling back.

I think Paul had it right, when in Philippians 3: 13-14, he said, "Forgetting what lies behind, and straining toward what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Jesus Christ." May that be true of us, whether we are talking about our faith, our food, or any other worthy calling that is a part of us.

Blessings,
Sonny

Linda's Log...

As you may have already heard, the Women's Christian Book Club is reading a book called *The Gift of Years: Growing Older Gracefully*, by Joan Chittister. It's a book that is both timely and insightful. She lays out for us that "life is about becoming more than we are, about being all we can be!" She says that **aging should be no impediment to the magnet for life in us**. That idea fits perfectly with what's happening in my own life right now.

I vividly remember hearing a delightful "elder" woman (I can't remember her name or association) stand before a group of teenage girls (when I was a teenager) and announce that she had declared herself a member of "LOLLYS"! She unabashedly described the thrill and the excitement she felt for the later stage of life. I resolved that day, that if ever I were blessed with the chance to pick my grandmother-name, that it would be "Lolly!" It stands for Lots of Life Left Yet!!

Chittister takes us through many aspects of aging from the negative to the positive, ending each chapter with an honest reminder that we have a choice to focus on either the burden or the blessing. I'm ready to fully embrace the blessing! I want to have a magnetic and lively aging! My first grandchild is due in the middle of this month and I couldn't be more thrilled! Yes, I do know that even though Lolly is my personal name-choice, my grandson may have other ideas or difficulty in pronouncing it...Still, I think my reasoning is sound. LOL!

I want to be a fully engaged grandparent; I am so looking forward to being a part of my grandson's life. When I was a child my paternal grandmother was especially close to us; living just down the road from us, we were as often at her house as we were at home during the day. As she grew unable to live alone, she came to our house every night (sharing my bedroom). I remember once being awakened in the morning and finding myself in the twin bed with her! Apparently I had awakened in the night and sleepily gotten back in the wrong bed. She just pulled me close and let me sleep.. When I had a question that I didn't want to ask Mom, Grandma was always there. She had little opportunity for formal education, but she would read aloud "Dr. Peale's" newspaper column to us kids and explain his wise advice about the power of positive thinking. When we worked in the field, she matched our steps as we hoed corn or potatoes, and helped pick and preserve our winter vegetables. She was a positive influence on me and a positive example of what it means to be an involved grandmother. She never showed us that the attention we received was any type of sacrifice. She loved us and she loved "doing" for and with us. I want to be that kind of LOLLY.

I hope you'll pray for our family and for me as I enter this new stage with wonder and excitement! Blessings to you, Linda



Building & Grounds Update

Thanks to all who came to help with the "clean-up, fix-up" on the recent church work day! Because of your efforts, the exterior of the building and the grounds were spruced up for our special Holy Week events. And by the way...Adams Hall bathroom renovations are well underway.



CELEBRATING

MOTHERS

"Mothers Plant Seeds of Love" is this year's Mothers Day theme. A large poster has been provided by artist Ruth Bethea with room to write a memory of either your own mother or a memory of someone else who "mothered" each of us. The poster

and fine point Sharpies are available in the office hallway during the week and in the sanctuary foyer on Sundays. This activity is taking the place of our traditional Mothers' Day flower distribution. It will be displayed in the sanctuary on Sunday, May 12th. We hope you'll add your memory message as soon as possible.

Summer Camp

Thanks to all who contributed to our summer camp fund. Passport Kids Camp has been paid in full for 9 participants. Student Life Youth Camp still needs about \$2,000 to reach their goal to take 14 participants to camp next month. We trust that folks will be generous and also support the upcoming rummage sale fund-raiser; all proceeds of this sale will be spent for this remaining need.

Mothers' Day Mission Project

Can you help us fill this pack and play in our sanctuary foyer? All baby gifts (new, please) will be taken to the Chiles Academy and presented as Mothers' Day love gifts for the teen moms who are attending this charter school that encourages and assists pregnant and other young teen mothers to stay in school and get an education so they can help their children have a better life.

We will collect items through May 12 and dedicate them in worship on that day. You can be a real blessing to others by helping with this project.



Regular Sunday Schedule:
 9:30 a.m. Suda School (all ages)
 9:30 a.m. LifeTree Café
 10:45 a.m. Worship w/ Preschool
 Nursery Provided

Regular Tuesday Schedule:
 10:30 a.m. Pastor's Bible Study
 1:00 p.m. Women's Book Club
 2:30 p.m. Beginning Bridge

Regular Wednesday Night Schedule:
 5:45 Family Dinner
 6:30 p.m. Adult Bible Study,
 Shine!, Youth Gathering,
 Nursery Provided Except 4/17
 7:30 p.m. Choir Practice

Family Dinner Menu:
 5/1 Taco's & Fixin's
 5/8 Ham, Sweet Potatoes, Mixed Veggies
 5/15 Meat Lovers Spaghetti, Veggie, Garlic Bread
 5/22 Breaded Chicken, Green Beans, Potatoes
 5/29 Beef Tips, Noodles, Roasted Vegetables
 All meals include Salad, Rolls, Beverages & Dessert.
 Cost - Seniors 65+: \$5, Adults: \$7, Kids <18 Eat FREE

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lifetree Café: Sundays 9:30 a.m., Marchman Bldg., Rm. 115 5/5 Love Ya, Moma 5/12 Low-Cost No-Cost Adventures 5/19 An Immigrant in the Sanctuary 5/26 An Encounter with God			1 Birthday: Mary Anne Trumbull	2 2:00 p.m. Prime Timers' Bingo with free Ice Cream	3	4 Birthday: Pam Ford 3:30 p.m. Bel Canto Concert
5 Birthday: Kimberly Rand	6 Birthday: Martha Meadows 6:00 p.m. Deacons' Mtg.	7 Birthdays: Mary Lou Barnhart Corrie Wise	8 Birthday: Susan Murrell	9 Birthday: Tucker Cobb	10 Birthday: Isabel Gallman	11 Birthdays: Isaac Gallman Danny Smith
12 Mothers Day Final day for gifts for Chiles Academy Mothers Day Shower Birthday:	13 Birthday: Tiffany Deegan 9:30-11:30 MOPS Topic: "The Ripple Effect of Sex" 5:00 p.m. Bldg. & Grds. Mtg.	14 Birthday: Mary Bryant	15 Birthday: Christine Langley	16	17 Birthday: Ron Langley 8:00 a.m.-3:00 p.m. Rummage Sale	18 Birthdays: Michelle Campbell Tiffany LaMotte Patty Mayer 8:00 a.m.-1:00 p.m. Rummage Sale
19 Birthdays: Jeanne Ballue Hailey Richardson Graduate Recognition Sunday	20 Birthdays: Jim Burrows Abigail Queen	21 Birthday: Mike Compton Pat Roberson	22	23 9:15 a.m. Prime Timers Trip to Marine Science Center + Lunch	24	25 Birthday: Meaghan Saunders
26	27 Memorial Day Birthday: Mia Ortiz MOPS—Suspended 'til Fall	28	29	30 Birthdays: Austin MacIntyre Elaine Rummell	31 Birthday: Maxine Griswold	

Easter Sunday at Central



2019



This Month...



Ice Cream Social with FREE Bingo



**Thursday, May 2
2 P.M., Adams Hall**

AND

Marine Science Center Tour -Thursday, May 23



**Bus
Departs
Church Prkg Lot
9:15a.m.**

Bus seating is limited. Sign-up in church office or call
Tommie Lou Hitson (386-767-0123).



Like to Sing?

There's a place for you in the choir..
Come & help us make "a joyful noise!" Call
Laurie for details.

Servant Leadership

Ministers..... All Members
Senior Pastor..... Rev. Sonny Gallman
Assoc. Pastor of Discipleship/Outreach... Rev. Linda Pigott
Youth Leader..... Matthew Layton
Music Leader..... Laurie Moran
Organist..... Penny Redfearn
Pianist..... Meg Pokorny
Office Manager..... Gwen Bills
Custodian..... Steve Lauxman

The Halifax Herald

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Register your graduate NOW

Please call the church office or
email Linda (linda@centralbc.org)
**by May 12 to be recognized during
worship on May 19th.** Information
needed includes graduate's name,
high school or college name, degree
earned, and relation to Central
Baptist church family (i.e. member/
regular attender, son, daughter, or

grandson/granddaughter of member).

Families are also encouraged to prepare a photo collage of the
graduate and bring it for display in the church foyer. Questions or
clarification? Call Linda Pigott (386-255-2588).

The Halifax Herald

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(386) 255-2588

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Fri.: 7:30 .a.m - 4:00 p.m.

Closed Daily for Lunch: 12:30-1:30 p.m.

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