



Summer
Highlights
July-August 2017



What are You Doing for Others?

In one of his most famous sermons, Martin Luther King, Jr. said,

In a sense every day is judgment day, and we, through our deeds and words, our silence and speech, are constantly writing in the Book of Life. Light has come into the world, and [everyone] must decide whether [they] will walk in the light of creative altruism or the darkness of destructive selfishness. This is the judgment. Life's most persistent and urgent question is, "What are you doing for others?" ("Three Dimensions of a Complete Life," in *Strength to Love*.)

King asks the question in the context of judgment and urgency. Out of all the questions about life and faith, this is the one we cannot put off answering: What are you doing for others?

This query frames our imagination, while our answer constitutes the substance of our daily walk with God, and reveals the integrity of our faith. We're challenged to consider whether our faith is stout with the fruit of service, or feeble from inaction. The Bible teaches us that faith apart from service to others is a phantom faith, an apparition—smoke and mirrors. As the Letter of James says, "Faith by itself, if it has no works, is dead... Show me your faith apart from your works, but I by my works will show you my faith" (2:17-18).

The busyness of modern life tends to overwhelm and distract us from faith that works for others, making it difficult to concentrate on anyone else, or anything other than our own concerns. We're all susceptible to this trap. Our personal needs, habits, and prejudices form the center of gravity of our individualized universe. Left to ourselves, our contributions to the Book of Life would be more about "us" than others. St. Augustine, in his ruminations about the nature of sin, named this posture *incurvatus in se*, which means "curved inward on oneself."

But King's sermon cuts through the cacophony of invitations to self-centeredness and bends our sight outward to the needs of others. His elegant question offers us a condensed and simplified handle to grasp in the midst of so many competing questions and claims on our attention. He also helps us clarify what participation means in a church like ours, where there are many opportunities to serve others.

Where does one begin to answer King's question at First Baptist Church of Asheville? I believe we begin to answer it by first being with others—by showing up, sitting beside, listening to, and developing an affection for, specific people in this particular place. That is how we form the strong bonds—the tendons and connective tissue—of the Body of Christ.

If you're new to our church, this issue of *Highlights* is designed to help you get, and stay, connected. In the following pages, you'll find testimonies of tried and true faith, the fruit of participation in community, frequently asked questions, and in-

vitations to join the adventure. But even if you're a veteran member, I invite you to consider how God might be leading you to reconnect or redirect the active content of your faith.

It's a good time for all of us to respond to life's most persistent and urgent question: "What are you doing for others?" The good news is the Book of Life is wide open here, with space for everyone to grace its pages.

— Mack Dennis



Sunday, August 20

2:00 p.m. • Etowah Valley Golf Club

This is a great opportunity for our church family to come together for fellowship, food, and recreation. First Baptist will provide the meat again this year, just remember to bring a covered dish to share!

This year's Church Picnic will include a 9-Hole Captain's Choice Golf Tournament, beginning at 1:00 p.m. Individuals and Teams can register by contacting the church office by August 14.

A van will be available at the church to provide transportation to and from Etowah. This van will leave at 2:30 p.m. and return by 7:00 p.m. If you plan to ride the church van, reserve your seat with Leah Brown at lbrown@fbca.net or 828.252.4781.

Tell Me about First Baptist Church of Asheville

Some people just know us as “the church with the dome.” When you’re downtown, it’s hard to miss our landmark building. But what about the church that meets under the dome? What are we like? Here are our answers to the questions we’re most often asked. If you don’t find answers to all your questions here, please let us know. We would love to share more about our church with you, and hear your story as well.

Who attends First Baptist Church of Asheville?

Our congregation is made up of people from Asheville and its surrounding communities, from lifelong residents to tourists passing through. We’re a multi-generational church, with some who are just beginning to explore what it means to know God through Jesus, while others are continuing to grow in their understanding of what it means to follow him. Members also come from across the spectrum of politics and culture. We see our diverse fellowship as an exceptional gift in a time of heightened division and cultural upheaval. Here you’ll find an extraordinary church, one that not only surrounds you with Christ’s love, but also challenges you to take up your cross and follow him.

What about your “middle name,” Baptist?

We are proud of our Baptist tradition, but we do encourage folks to recognize the significance of the “First” part of our title, as well. Why? Because, like the very first Baptists from the early 17th century, we remain committed to the reformation and renewal of the church. Our church has deep commitments to essential Baptist concepts like believer’s baptism, the separation of church and state, and religious freedom. However, as we approach the 500th anniversary of the Protestant Reformation in October 2017, we’re also trying to imagine what it means to be Baptist in the 21st century and beyond. While the earliest Baptists sought reformation through separation, we’re exploring what it means to seek reformation through reconciliation. We are turning our focus toward new questions, like, “What should a radical Baptist witness look like today?” and, “How can Baptists encourage church unity and ‘the healing of the nations?’”

Are you affiliated with a national Baptist organization?

While we live our faith alongside other Baptists and Christians of all traditions, our church partners with the Cooperative Baptist Fellowship, a national network of Baptist churches and individuals primarily located throughout the southeastern United States. Cooperative Baptists are committed to Christ-centered mission and fellowship, with a particular emphasis on mission partnerships with the most neglected people-groups around the world.

Who participates in leadership at First Baptist Church of Asheville?

We find strength in the wisdom and guidance of laity and clergy. Members join with church staff in shaping our future as followers of Jesus. We are committed to the full equality of women and men in the life of our church, so all laity and clergy positions are open to everyone, regardless of gender.

What are our worship services like?

When people attend our worship services, sometimes they’re surprised to see things they’ve experienced in other Christian traditions. This is intentional. We believe we’re heirs of the whole Christian tradition, so we seek to exemplify the rich wisdom of Christian worship from the first century to the present. Our service is liturgical (defined as “the work of the people”), elegant, scripturally rooted and inspired, with a deep appreciation for musical and other arts, congregational participation, and gospel proclamation. We follow the pattern of the church year, which begins with Advent and Christmas, and continues through the season of Pentecost. As well, we administer the sacraments of baptism and communion on regular Sundays throughout the year. Sermons are lectionary-based, and seek to bring the Bible and everyday life into conversation with each other. Together, we explore the depths of faith, seeking to know God intellectually, emotionally, and spiritually. Worshiping the God of Jesus Christ is the most important thing we do; it is the primary reason we exist, and the source of our joy. We invite you to join us every Sunday in the sanctuary at 11:00 a.m.

What should I wear?

Dress is casual to more traditional.

Where should I go when I arrive?

If you intend to come to a Sunday morning Bible study at 9:45, park in the lot adjacent to Charlotte St. (near the State Employees Credit Union), and enter through the Atrium doors. There you will be greeted and directed to find a class that interests you. The Atrium is also next to the children's building, and a convenient entrance for those with infants and young children.

If you are coming to worship, you may park in the Charlotte St. lot, or the Oak St. lot, which sits between the sanctuary entrance and the Downtown YMCA. Enter through the main sanctuary doors, where ushers will greet you, offer you an order of worship, and help you find a seat. Signs are posted conveniently throughout the church to help you find your way. For additional guidance, please call the church office.

Do you have programs for children and youth?

We have exceptional programs and ministries for children and youth. In addition to regular Sunday morning classes, there are Wednesday evening programs that run from September through May. During the summer, the church leads an array of camps for children, including Vacation Bible School. Youth meet regularly on Sunday and Wednesday evenings, and take mission and recreational trips throughout the year. Many children and youth are involved in the church's music ministry, from the children's choir to the sanctuary orchestra.

Are you open and accepting? Will I be welcomed no matter who I am?

We are a gentle and hospitable community, bound by deep and lasting friendships with God and neighbor. As disciples of Jesus Christ, we can't imagine being anything other than a caring and compassionate church, committed to serving our neighbors, community, and world. Whoever you are and wherever you're from, you will find here a warm welcome and a new hope.

What about people with special needs?

You will find people of all abilities engaged in every aspect of our church's life, from leading in worship to mission work and Bible study. We have a Sunday morning class uniquely suited for those with special needs. You may also be interested in our FirstShine Summer Camp for children with special needs.

What about membership?

There are several ways of joining our church. Primarily, becoming a member of the church happens by profession of faith and baptism. It is by the sacrament of baptism that we are made members of Christ's body, the church. If you have already been baptized, you may join our congregation by transfer of letter (if coming from another Baptist church), or by statement of faith (if coming from another Christian tradition). To become a member is to say "yes" to the accountability of caring for one another, discerning and sharing your gifts, and participating in the mutual encouragement and support of the community. You can learn more about membership by speaking with one of our ministers, or by calling the church office.

Do I have to be a member of the church to participate?

While we require membership for certain leadership positions, we encourage members and non-members alike to be full participants in worship services, Bible study groups, and ministry projects in the church. If you are in the area temporarily, or wish to retain your membership in another church while affiliating with us, you may join by "watchcare."

How can I learn more?

You may find more about our mission and ministry, learn of opportunities for study and growth, view a worship service, or listen to a Wednesday night Bible study on our website at www.fbca.net. Consider attending a Sunday morning Bible study class and worship service, or join us for our Wednesday evening fellowship meal at 5:00 p.m. You are also welcome to give us a call at 828.252.4781, or email David Blackmon, our Coordinating Pastor, at dblackmon@fbca.net. You may want to ask that one of the ministers call you to set up a time to meet in your home or at the church office to talk about our church and your journey. Our doors are open. You are welcome. Let's take another step together.



Spiritual Formation @ FBCA

Engaging in core spiritual practices - prayer and contemplation, community building, worship, and life-long learning from the Bible and the Christian tradition - has formed and sustained followers of Jesus for centuries. Being a part of an in-depth Bible study group, walking the labyrinth, gathering together with friends around a table to share life, praying and being silent, and discussing culture through the lens of our faith can help us become more open and responsive to the Spirit's guidance. You are invited to "come as you are," recognizing that people are at different places along their spiritual journey, and that we all need opportunities to grow in our faith and practice. Contact Tommy Bratton at tbratton@fbca.net or 828.252.4781 to learn more about spiritual formation for adults

Missions @ FBCA

Making a difference as a follower of Jesus often involves doing something with hands and heart in our local community and beyond. First Baptist Church of Asheville offers weekly, monthly, and international options through which you can invest in service. You can help feed the hungry, get to know the aging, go on mission to Haiti or Cuba, or support our veterans. Contact David Blackmon at dblackmon@fbca.net or 828.252.4781 to explore options that fit your passions and gifts.

Children @ FBCA

Children are involved in every aspect of the life and ministry of First Baptist Church of Asheville. From Bible Study and worship on Sunday mornings to missions and spiritual formation on Wednesday evenings we take seriously your child's faith journey. From Fall Family Festival to mission projects, we provide opportunities throughout the year for your family to fellowship and serve together. Our summer camps and special events throughout the year nurture relationships between the children as they develop friendships that will sustain them as they grow and mature. Contact Amy Stertz at astertz@fbca.net or 828.252.4781 to learn more about our children's ministry and/or if you would like to serve as a volunteer with our children.

Youth @ FBCA

This is a perfect season to start something new. Like deciding to go for a good hike, it begins with the decision to just "get out there" and embark on a new adventure. It requires time, a little planning, and a willingness to be open to what the trail brings your way.

For teenagers at FBCA, this is just such a time for embarking on a new adventure, but one that can impact the whole year ahead, not just a single day. Consider taking these three steps in the weeks ahead:

- Come up to the Youth Room on the 4th floor from 9:45-10:45 a.m. for Sunday Bible Study. You'll be able to consider how the Bible connects with you own life, together with other youth from your own grade.
- Sit up in the balcony with our other youth during the hour of worship. This is not a time to goof off, but rather a time to worship God together and be more visible to the congregation.
- Come to our Koinonia Kickoff on August 27 (4:30-8:30 p.m.). For this Progressive Dinner, we'll travel to three host homes, enjoying one delicious course at each host home. This will be our first official youth event for the new school year, open to all 7th-12th graders.

Youth Ministry has a long and rich tradition at FBCA, but it can only be at its best with the participant of every single teenager in our community. Students, embark on a new year of adventures with your peers. No previous experience required! Come next summer, you'll definitely be enjoying the view, together with a whole host full of good and faithful friends. Contact Casey Callahan at ccallahan@fbca.net or 828.252.4781 for more information.

Young Adults @FBCA

Our city continues to be a wonderful place to live as a young adult, not only for newcomers to town, but also for those whose roots are truly homegrown. City life and scenic surroundings offer many life-giving experiences, but at FBCA we have a unique opportunity to enhance these experiences by sharing them together as a diverse community of thoughtful Christians. If you are a young adult and you're not attending our Karis Bible Study class on Sundays at 10:00 a.m., consider giving it a try. This is no "Christianity Lite," but rather a chance to ask honest and difficult questions together. Coming to this class won't solve all the challenging parts of young adulthood, but it can open up the doorway into broader and deeper friendships, fostered through theological discussions, hands-on service projects, class socials, and spiritually-formative experiences. Contact Casey Callahan at ccallahan@fbca.net or 828.252.4781 for more information.

Senior Adults @ FBCA

Please join us each Sunday on the first floor in Eisenhower Hall for Senior Adult Assembly at 9:25 a.m. This is a time to share in fellowship, prayer, announcements, and music before the Bible Study hour. We are happy to help you find a Bible study class that is right for you. Also, consider attending our monthly Jubilee Luncheons on the third Tuesday of each month. This gathering is an excellent opportunity to enjoy great entertainment or an informative presentation in a setting where you can get to know other people and enjoy a fabulous meal. Contact Leah Brown at lbrown@fbca.net or 828.252.4781 for more information.

Music @ FBCA

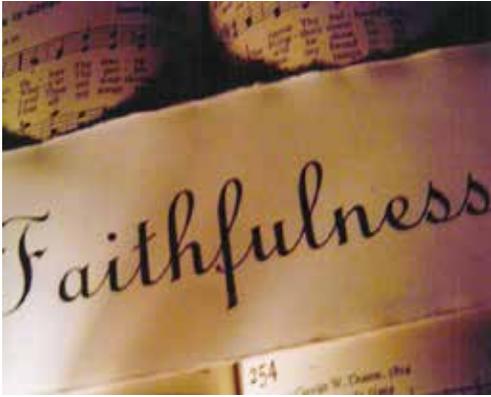
Adult Choir - Contact Clark Sorrells csorrells@fbca.net or 828.252.4781 to arrange for an orientation meeting. Rehearsals are on Wednesdays 7:00-8:30 p.m.

Asheville Youth Choirs - Signup for a Vocal Placement Audition at ashevillyouthchoirs.org. Rehearsals are on Sundays 3:00-4:30 p.m.

Handbell Choirs - Contact Karen Sorrells at ksorrells@fbca.net or 828.252.4781 to inquire about participation. Rehearsals are on Sundays: 2:00 p.m./Youth; 5:00 p.m./Adults.

FBCA Orchestra - Contact Clark Sorrells at csorrells@fbca.net or 828.252.4781 to inquire about participation. Rehearsals are seasonal on Sunday and Wednesday evenings.

Academy for the Arts - Information, scheduling and registration regarding private or group lessons is available at academyforthearts.org.



We asked several people in our congregation to share how they live out their faithfulness to God in community. Their responses reveal their commitments to love God with all their heart, soul, mind, and strength, and to love others as themselves. We hope these reflections will encourage those who read them to deepen their own faithfulness to God and to our community of faith.

God's Grace Calls for a Response

— Buddy Corbin

There are many ways to express our faith in God. We may express our faith as we go about doing works of ministry and mission. We shine a light on our faith when we worship and

witness through acts of justice and mercy. We live out our faith when we tell others the good news of God's saving grace, made known in Jesus Christ. Not the least of these, we live out our faith in the giving of our material blessings.



Frances and I are blessed! We have the spiritual sense to know that all that we are and have received are gifts of grace from our loving God. These gifts call for a response. Our way of responding to God's grace is to tithe. We live out our faith by setting aside and offering at least 10% of our income to the Lord. It is the way we have chosen to express our trust in God's providential care. It is also how we have chosen to covenant with our church.

Some have said that tithing is an Old Testament idea and that we live under grace and not under the law. I agree and have always felt that the New Testament demands even more! I recall hearing someone remark, "to give less under grace than we give under the law is a disgrace." God's grace calls for a response. If you're not a tither yet, pray about moving fast in that direction! You'll be blessed!

The Flow of Scripture, Worship, and Service

— Shelby Altice

For me, Sunday morning Bible study is the foundation of all the other ways I seek to be faithful. I find that scripture opens my mind in ways that help me to live out my gratitude to God in daily life. Studying scripture, teaching each week, and being sent out into the world is not a burden to bear but a joyful opportunity to do a few good things to make the world a kinder and more loving place to live. Things I could never do on my own become a strange and wonderful reality when I work with others. My Bible study group is the glue that holds it all together.

Worship follows naturally from our Bible study each week, where I join with the larger, diverse congregation to sing, pray, and listen for God's Word to me through the sermon, encouraging us to become what God would lead us to become. Wednesday evening studies flow from Sunday and connect me with different people again. And when I serve as the "sock lady" at our Lunch at the Crossroads (LCR) meal each Thursday, I rub shoulders with folks who are different from me. Here is where I can care both for people's *soles* and *souls* by meeting needs and listening to their stories, frustrations, and fears. Working with others at LCR helps me discover how I can make a real difference in the lives of those in need and to offer the hope.



Don't Pass Up the Opportunity

— Leesa Brandon

I've always been drawn to the notion of community . . . a neighborhood, a small town, a church family, even communities that have nothing to do with a location, but everything to do with common interests or values. There is power in community. Good things happen when people are in community. Passions are nurtured in community. I want to be in community.

Communities require faithfulness and intentionality. Living out my faithfulness to God as part of our First Baptist Church of Asheville (FBCA) community seems to me to be a privilege full of precious opportunities to learn, care, serve, and love. At FBCA, I'm learning that in being faithful in community we more meaningfully reveal and honor God's infinite faithfulness to us. It seems to me that my (and all of our) continued, intentional faithfulness will reveal endless opportunities to expand community, to experience relationship, to serve, to be welcoming, and to share God's love and faithfulness. How can I pass up an opportunity like that?

Faithfulness to God in Community

— Wade G. Hampton Jr.

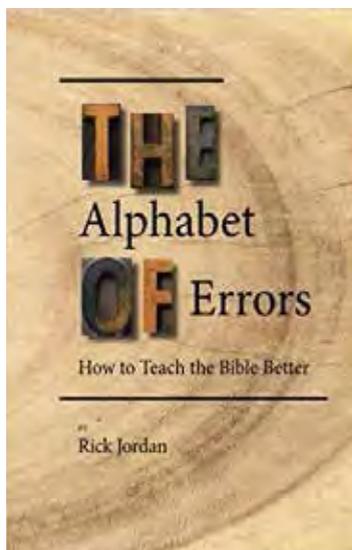
First Baptist Church honored me with a 50-year pin in 2005 that indicated to me that this is a measurement of what I had done in my personal life, my professional life, and my spiritual life. When I first came to First Baptist Church of Asheville there were good programs and good fellowship. With all the good things that were happening in my life, I felt that there was an opportunity that was lacking in my personal life. For a long time I had felt this meant my public school teaching career. God had another opportunity waiting for me. Through First Baptist Church of Asheville there have been many opportunities for serving and helping others. I believe that giving should be a natural response to our love for Jesus Christ whether it be time, talent, or money.

I have served as a teacher, department director, class shepherd, and choir member. I have had the privilege of serving on many committees. The church ordained me to be a deacon in 1962 and elected me to be a Life Deacon in 2014. All of these opportunities have been blessings on my faith journey and have made me more involved in my faith community.

Welcoming Children

— Amy Stertz

One of my favorite things is watching families growing in their faith and living out their commitment to God and the church. Recently Ben and Mandi Boyd joined our church. They have been a part of our church family for five years and come faithfully so I didn't realize they weren't members! They are active in Bible Study and worship, and serve the church as worship care volunteers and will be serving as Vacation Bible School leaders this summer. When Ben and Mandi came forward, they brought with them highlights their two year old daughter Merida. As they were seated in the front of the sanctuary waiting to be welcomed by our congregation it was precious to watch Merida interact with Sandra Mueller who was sitting in the row behind them. Eventually Merida climbed over the pew and sat with Sandra for the rest of the service. After the service several of us had the opportunity to hold Merida and show her around the sanctuary. She was so comfortable and truly at home at her church and with her church family (many of whom, like Sandra, she was meeting for the first time that morning). Because Ben and Mandi have made a commitment to be here at First Baptist each week and bring Merida, she knows this is a safe space and we are her family. As parents, what a gift we can give our children when we bring them to church and help them know what it is to be a part of a faith community. As a church, what a gift we give our families when we welcome them and their children with our open arms.



Bible Study

Leadership Enrichment

Sunday, August 27

Time: TBD

Led by CBFNC Church Resources Coordinator Rick Jordan

With over 30 years of teaching experience, Dr. Rick Jordan has learned what works - and what does not - in leading a Bible study. In his new book, *The Alphabet of Errors: How to Teach the Bible Better*, Rick itemizes 26 errors common to Bible study teachers, such as the first three chapters on Assumptions, Bullies, and Calling on the Introvert. With humor, humility, and wisdom, the book promises to help the beginning teacher get off to a good start and to help the good teacher become a great teacher. Rick will share with us some of what he has learned which may help us all be better teachers and leaders. Contact April Nance at anance@fbca.net or 828.252.4781.

2017 Summer Choirs at FBCA - Come sing when you can!!

Rehearsals on Sundays at 9:00 a.m./Sing in Worship at 11:00 a.m.

July 9 - Intergenerational (grades 3 through adults)

July 16 - Men's Chorale (grades 7 through adults)

July 23 - Women's Chorale (grades 7 through adults)

July 30 - Intergenerational

August 6 - Women's Chorale

August 13 - Men's Chorale

RISING

August 19-20

SEVENTH GRADE RETREAT

Register online at www.fbca.net.

If you have any questions about registration, contact Sarah Whitlock at swhitlock@fbca.net or 252.4781.

Youth Student Leadership Team SUMMIT

Saturday, August 19
9:00 a.m. - 2:00 p.m.

YOUTH MISSION PILGRIMAGE

CUBA REPORT

Wednesday, August 23
6:00-7:00 p.m.
Dining Room



CHURCHWIDE ANNUAL PICNIC

Sunday, August 20 • 2:00 p.m.
Etowah Valley Golf Club

YOUTH PROGRESSIVE DINNER

A 3-Course Meal ÷ 3 Host Homes = 1 Sweet Koinonia Kickoff



koinonia on the road

Sunday, August 27 • 4:30-8:30 p.m. • \$10/youth

A Year in Review

From its earliest days, First Baptist Church of Asheville has nurtured a culture of excellence in the arts, regularly sharing musical events with the community. The Academy for the Arts (AFTA) builds on this tradition, opening to the community on August 18, 2014. In the time since, there has been exciting growth. Just completing our third year, AFTA has grown to house 25 faculty teaching more than two hundred students of all ages, 14 supported through needs-based scholarships. Students range in age from three-years-old to 80-years-old and study in all manner of musical pursuits. A variety of private and group lesson options are available in instruments ranging from fiddle to flute, banjo to bassoon, and viola to voice. More than 11 private studio spaces are scheduled in any given week, using premium facilities throughout the church that might otherwise go unused. AFTA is home to the Asheville Youth Choirs, expanded this year to four choirs and looking forward to having 200 students involved in the fall. These choirs have connected in exciting ways throughout our community. The arts have a nearly-unique power to connect people across differences and diversities of every kind. We believe this to be a way of serving God and our neighbors through the nurture of artists who will fashion beauty and, thereby, glorify God who is its source.







This year on Wednesday evenings, our children have participated in missions and spiritual formation. Here are some of their reflections on what they've experienced and how they've grown.



My profession of faith was a little bit after Christmas. After going through Advent, I really understood how much God meant to me. I also made a commitment to be more involved and try to understand what was going on around me. Since then I feel as if I have come closer to God and my church commitment.

— Bailee Brandon



A meaningful time for me was when we sorted the food for White Christmas. We helped sort the food that was given during the Hanging of the Green service. When we were sorting the food, I learned that I could help many people in small ways

— Christopher Bell



This year in Agape kids we made heart pillows for people who cannot come to church but came a long time ago. Shortly after in Operation Inasmuch I delivered them. It was meaningful because we got to help people in a fun way.

— Sophie Stertz

To me, loving God with all of our strength means to use our strength to love God and Jesus and to do projects for the poor and for good. We should all do this, all of us in this church.

— Austin Welch



This past year at Agape we helped homeless people all around us. We did this by making care packages for them. We put water, food, socks, and hygienic products into a Ziploc bag and each one of us put it in our cars. This way whenever we saw a homeless person or family we could give it to them. This activity only took a few minutes to make, but sharing God's love with these people made a huge difference in their lives.

— Sophia Harvey

AgapeKids will resume this fall, on September 6. If you are interested in how your child may participate or you may serve as a leader, contact Amy Stertz at astertz@fbca.net or 828.252.4781.

kids summer fun



Vacation Bible School

(Ages 4 - Rising 6th graders)

July 10 - 13
9:00 a.m. - Noon

**Free but
registration
required.**

Preschool classes are already full. Please contact the church office at 828.252.4781 to be added to the wait list.

VBS Day Camp

(Rising 1st - Rising 6th graders)

July 10 - 14
9:00 a.m. - 5:00 p.m.
(includes Vacation Bible School)

This camp is already full. Please contact the church office at 252.4781 to be added to the wait list.



Discovery Camp

(Rising 1st - Rising 6th graders)

July 24-28
9:00 a.m. - 5:00 p.m.

Each day we will have a theme (arts, nature, recreation, food, and science).

We will discover new things about the theme while participating in hands-on activities.



This camp is already full. Please contact the church office at 252.4781 to be added to the wait list.

worship care



One of the ways we care for families at First Baptist Church of Asheville is by providing worship care for 30–40 infants through kindergartners each week. Did you know we need seven worship care volunteers each week? We are so thankful for all our current volunteers but we need more. Worship care volunteers work four Sundays a year. If you would like to volunteer to serve in worship care, contact Amy Stertz at 828.252.4781 or astertz@fbca.net. Our new schedule will begin in August.

Jubilee Luncheons

11:00 a.m. • Dining Room

All senior adults are invited to join us for fellowship, programs that inspire, entertain, and inform, and a delicious meal. The cost is \$3 for the meal, and first-time guests eat free. Contact Leah Brown at 828.252.4781 or lbrown@fbca.net for more information.

- **July 18 - Dementia Friendly WNC Workshop**
Mel Kelley will provide an interactive program to raise awareness and dispel myths about dementia.
- **August 15 - Prodigal Sons Quartet**

Stephen Ministry Corner

Are you going through a difficult time? A Stephen Minister can help. Stephen Ministers are members of our congregation who listen, care, encourage, and provide emotional and spiritual support to people going through a crisis or a difficult time. Contact Leah Brown at lbrown@fbca.net or 828.252.4781 to learn how you can receive a Stephen Minister's confidential care.

A Look Back

On Sunday, May 7, senior adults gathered to enjoy a luncheon celebrating our 50-year members. We are grateful for their commitment and dedication to God and our congregation. A special thank you to members of the Senior Adult Team and Nancy McCrory for such a wonderful event!



June Owen, Art Kerr, Nancy Skillman, Ralph Young and Bill Metts (Not pictures Peggy Young and Anna Ruth Kerr)

We Are First Baptist



Gene McClure, a quiet man, knew by fifth grade he wanted to be a teacher. He grew up in the Addie community of Jackson County, where the elementary school only had three teachers—so they must have been good ones. After taking two degrees from Western Carolina, teaching a while in Andrews, and serving a hitch in the army, he started teaching math and business at Erwin High School

1958. Gene spent the 1959-1960 school year working on the National Science Foundation Fellowship at UNC-Chapel Hill.

He joined First Baptist Church of Asheville on January 18, 1959. Gene has served his church on several committees, including Missions and Food Service, and is a dedicated member of the Singles Connection Bible Study class. He belongs to the Old Buncombe Genealogical Society and the counterpart in Jackson County. He also hangs out at Harvest House. He keeps up with his old school as their football and basketball statistician.

Gene doesn't call much attention to himself but is one reason First Baptist Church of Asheville is such a vibrant, blessed community.

July Schedule

No Wednesday evening meals or activities

August Schedule

August 2 and 9

No Wednesday activities

August 15

Leadership Orientation

August 23

Cuba Report

August 30

Walking the Sacred Journey

6:00 p.m. - Chapel

Gather together for a contemplative service of prayer and liturgy as we reflect on ways we mark our journey of faith. There will also be time to explore your own spiritual practice, whether it be walking the labyrinth, deepening spiritual friendships, or exploring silence and meditation. This time of worship and practice invites us to focus on our spiritual formation as we enter the season of fall.

Memory Loss: What to do if you are Concerned?

Virginia Templeton, MD — MemoryCare

People are living longer. We are eating healthier, exercising more, and staying involved in activities that challenge our minds! It is excellent news BUT as we age, more families are being touched by Alzheimer's or other dementias. How can we tell if our aging brains are "normal" — wiser, perhaps, but slower — or ones with Alzheimer's? And how does it help to know the difference?

Is what I'm experiencing normal?

For most of us, as we age, our ability to make and recall new memories stays intact but the pace of processing information slows — each step of making a memory and remembering it takes longer. Struggling to remember a word or a name is typical even for healthy older brains. Dementia begins subtly, but over time, it brings more serious forgetting and often involves changes in judgement and personality. Alzheimer's has no cure at this time but good nutrition and exercise — physical and mental — can postpone symptoms of the disease.

So, why get a diagnosis?

If there is a suspicion of dementia, it is important to first rule out depression, drug side-effects, vitamin deficiencies and other problems that can cause memory impairment. Unlike dementia, these can be fixed with appropriate treatments. If dementia is present, as it advances, it places you at strong risk for elder fraud, becoming a danger behind the wheel, and other such issues that can be addressed to minimize the risk to you or others. It also means that over time, you will likely need support of loved ones to keep you safe in everyday life. The good news is that getting an early diagnosis allows you and your family to establish routines and get your medical treatment decisions and personal affairs set while you remain able to fully participate such serious discussions. A diagnosis of dementia presents big challenges, and many families rise to meet them in a way that brings them together and deepens loving relationships.

How do I get a diagnosis?

Talk to your doctor and have an evaluation. A thorough assessment will involve bloodwork (looking for reversible causes), imaging of your brain, a physical exam, and cognitive testing. There is no one test that gives a diagnosis and it is important to bring to the doctor's office a trusted friend or loved one who knows you well and can share their observations.

What should I do if I am diagnosed with dementia?

If you or someone you love is diagnosed with Alzheimer's or any other type of dementia, talk about it. With more of us facing the issue, there is a lot of support available and plenty to learn. The following are things to consider doing if you have a diagnosis (and even if you don't, they may help):

- Identify your "team." For many of us, being self-reliant is a core value, and seeking help from others is hard to do. Finding a team you can trust will actually help you keep more of your independence. By working together to manage potential risks, you can live safely and well with Alzheimer's.
- Caregivers need a team behind them, too. Caregiving is difficult and can become all-consuming. Consider participating in a support group- there are beautiful groups in this community available for both persons with dementia and their families. Such groups are a place to learn and share experiences. They can be invaluable.
- Organize your world to support your memory - consistent routines with keys, bill-paying, medicines, and other potential safety concerns are important as your memory changes.
- Complete all legal documents for advance care planning- living will, healthcare power of attorney, and durable power of attorney- and talk with your family about your wishes.

Alzheimer's and other dementias affect millions. So, if you or someone you love is experiencing memory problems or changes in thinking, know that you are not alone. Getting a diagnosis and addressing the challenges dementia presents is difficult but without doubt, it is a path better walked together than alone.

Dr. Templeton is the director of MemoryCare, a nonprofit organization in Asheville caring for families affected by Alzheimer's and other dementias. For more information visit their website www.memorycare.org.





*Treats for the
Ear &
Palate*

AFTA Faculty Recitals and Delicious Desserts

Saturday, July 8, 6:00 p.m.

The Romance of the Violin

Mariya Potapova, violin; Vance Reese, piano

Fellowship - A Cupcake Kaleidoscope

Sunday, July 16, 6:00 p.m.

The Joy of Jazz

Frank Southecorvo, saxophone; David Bruce, percussion; Bryan Turner, piano, and friends

Fellowship - Homemade Ice Cream Feast

Sunday, July 23, 6:00 p.m.

The Passion of Singing

Randall Outland, tenor; Simone Vigilante, soprano; Clark Sorrells, tenor; Tate Addis, piano

Fellowship - Summer Smorgasbord with Homemade Chip Buffet and Watermelon

Sunday, July 30, 6:00 p.m.

The Spirit of Strings

Frances Duff, cello; Taya Ricker, violin; Vance Reese, piano

Fellowship - Pie Night

This free Concert Series and Fellowships will bring us together in friendship as a church and in support of deserving students in the Academy for the Arts. Donations will be received each night to benefit the AFTA Scholarship Fund.

First Baptist Church of Asheville

Freedom. Friendship. Faith.

5 Oak Street, Asheville, NC 28801 • 828.252.4781 • www.fbca.net

Child Development Center: 828.252.3234 • Fax: 828.254.2302

Sunday Worship: 11:00 a.m. Sanctuary • 9:45 a.m. Bible Study for all ages

Minister on Call

A minister is on call 24/7 to support you in times of need. To contact the minister on call, dial 828.252.4781.

The deacon of the week can be reached through the church office or by contacting the minister on call.