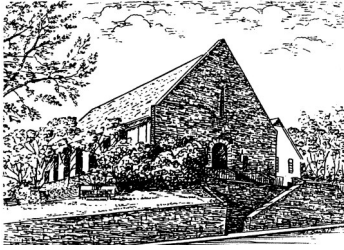


The Good News



November 2016



First Baptist Church of Tryon

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Jeffrey C. Harris, Pastor

Candace B. Wilson,

Minister of Music and Christian Formation

Chat with the Preacher

I'm suffering from election fatigue and I bet I'm not the only one.

Fortunately, I ran across some helpful advice: *Election Fatigue—10 Spiritual Practices for Toxic Times* by Erin Wathen.

By the way, these Spiritual Practices can help us do more than just persevere through the last week of the election season, they can also help us *live more abundant lives*.

Find a couple that work for you, and give them a try. *-Jeff*

1-Limit media consumption. The American Psychological Association says, not only is election stress real—more than half of American adults are suffering from it right now. (Go figure!) Read their other suggestions, but stepping away from the talking heads is the most productive approach. Seems like common sense, but it's still hard to do some days, when our lives are saturated with technology.

2-Read poetry or listen to music. Art is healing. And it uses a different part of the brain than the analytical/problem-solving part with which we process politics. As it happens, that same part of the brain is what tends to send us into fight-or-flight mode when we get angry so... give that particular animal a rest, and feed the one that craves beauty and creativity.

3-Be generous. With your actual money. I like my friend Katherine's suggestion on *The Art of Simple* to "give generously to organizations doing the kind of work that nudges the world toward how you think things should be." Remember that voting is not the only tool you have to effect change.

4-Get outside. Exercise does your body and spirit good, but don't just hop on a treadmill. Being in the actual outside world—with trees and birds and sunshine—will make you breathe easier.

5-Be present. Spend time with your people. The ones you live with, the ones you live near, maybe the ones you barely know. Sit at a table together. Maybe don't talk about politics, but use the time and space to remember that we have in more in common with most of our fellow humans than Fox News and MSNBC would have us believe. Nurturing our relationships is the best way to provide a foundation for the work we'll need to do post-election day.

6-Pray. Not in a "dear God, please save us" kind of way; but in a "today I will root myself in the Spirit and remember that I'm a beloved child of God, and so is my neighbor" kind of way. Maybe read a few Psalms while you're at it.

7-Worship. Get thyself to church. Be a part of diverse community. Sing the songs, break the bread, hold the styrofoam coffee cup of salvation. Not only is the ritual comforting, but the act of gathering for a common purpose has soul-shaping AND earth-shaping potential. And don't tell me you don't have time to go to church, because I know you spend AT LEAST an hour a week on social media and watching cable news.

8-Travel. Yes, a road trip is my answer to everything. This is not just escapism. A change of scenery can change your perspective on many things, not to mention give you a burst of energy inspired by a new context.

9-Don't engage negativity. On the one hand, shying away from tough issues will not help us in the long run. At the same time, engaging someone who is in an openly hostile place will get you nowhere. Read an interaction for its life potential, and if there is none, make like Elsa and let it go.

10-Do something for someone else. A simple act of service will take some of that energy racing around your own brain and turn it outward. And maybe, who knows, change something for good.

HELPING HANDS MINISTRY

The Mission Team would like to announce the formation of HELPING HANDS ministry. The purpose of Helping Hands is to provide support and assistance to church members in the following areas:

Small to medium-size interior and exterior home repairs, constructing/installing safety equipment for baths/showers, building wheelchair ramps, assisting with large/heavy items, providing lawn/shrubbery maintenance, performing small electrical repairs, as well as general advice on questions relating to any of the above. Other areas of service will be considered on an as-needed basis. Those wishing to use this ministry or to participate in its support should contact the church office for scheduling a time to discuss your needs or how you can support this ministry with your talents.

WELCOME TO OUR NEW INTERIM MINISTER OF MUSIC

We welcome Jim Hawkins to First Baptist, as our Interim Minister of Music. Born in Gaffney, SC, Jim received a bachelor of Church Music from Furman University and Master of Church Music from The Southern Baptist Theological Seminary in Louisville, KY. Jim has worked for the SC Vocational Rehabilitation Department for the past 18 years, and has served churches in Gaffney, Marian, Duncan, and Spartanburg SC. He and his wife, Rachel Poole Hawkins, are the parents of two daughters. They are dividing their time between Tryon and Gaffney, but will move to Tryon in the near future. Please give Jim and Rachel a warm welcome when you see them!

BROTHERHOOD AND SISTERHOOD TO MEET TOGETHER ON NOVEMBER 8

The Brotherhood will join Sisterhood in the Lair Sunday School Room for a dinner meeting on Tuesday, November 8, at 6:30pm. Brotherhood is preparing dinner, and Sisterhood are requested to provide desserts. Carl Rosenblad, from Columbus Presbyterian Church, will present a program about recycling for the benefit of children from Guatemala. There's a sign-up sheet in the education hallway—please be sure to sign up, so we know how much food to prepare.

OPERATION CHRISTMAS CHILD



Operation Christmas Child is a shoebox ministry sponsored by Samaritan's Purse. Children and families are encouraged to fill a shoebox with appropriate toys, clothing, and treats. There are shoeboxes available in the narthex closet, or you can use your own container. Labels and instructions on how to pack your box are in the education hallway. Please be sure to note what items cannot be included, and also remember to put a check for \$7 in the box, made out to "Samaritan's Purse" Deadline for shoebox collection is coming very soon—we need your filled shoeboxes by Sunday, November 13.

Hey Kids in 3rd-5th grade!!

PASSPORTkids!

Exploring Missions in a World without Borders sm

We are going back to PASSPORTkids! We want YOU to join us!

What: PASSPORTkids! Camp

When: July 3-6th 2017

Where: Montreat Conference Center

Who: All 3rd-5th graders

Cost: We are excited because this summer the scholarship fund will cover half of each students camp cost! All you have to do is apply! With scholarship, the cost of camp is \$150.00 per student.

**A \$75 deposit is requested by November 15th to secure your spot!*

PassportKids! Is a unique opportunity to learn more about God and each other! Learning will be hands on and experiential through mission projects, creativity, and more! You absolutely do not want to miss this!

PASSPORT



Empowering Students • Embracing the World • Extending Grace
sm

What: Youth Passport Missions Camp

When: July 17-22 2017

Where: Furman University

Who: All 6th-12th graders

Cost: We are excited because this summer the scholarship fund will cover half of each students camp cost! All you have to do is apply! With scholarship, the cost of camp is \$215.00 per student.

**A \$100.00 deposit is requested by November 15th to secure your spot!*

You don't want to miss out!! We are going to have a wonderful week together learning more about God and one another while serving at a Mission project each day!

#GRACEITFORWARD DAY, OCTOBER 15

Thanks to everyone who came out to help our neighbors and larger community on Saturday, October 15. There were jobs for everyone—nursing home visits, yardwork, handing out McDonald's gift certificates, packing and delivering food, and paying for folks to do their laundry. We yearn to be Christ's example and love our neighbors as ourselves.



KID'S NIGHT OUT OCTOBER 21



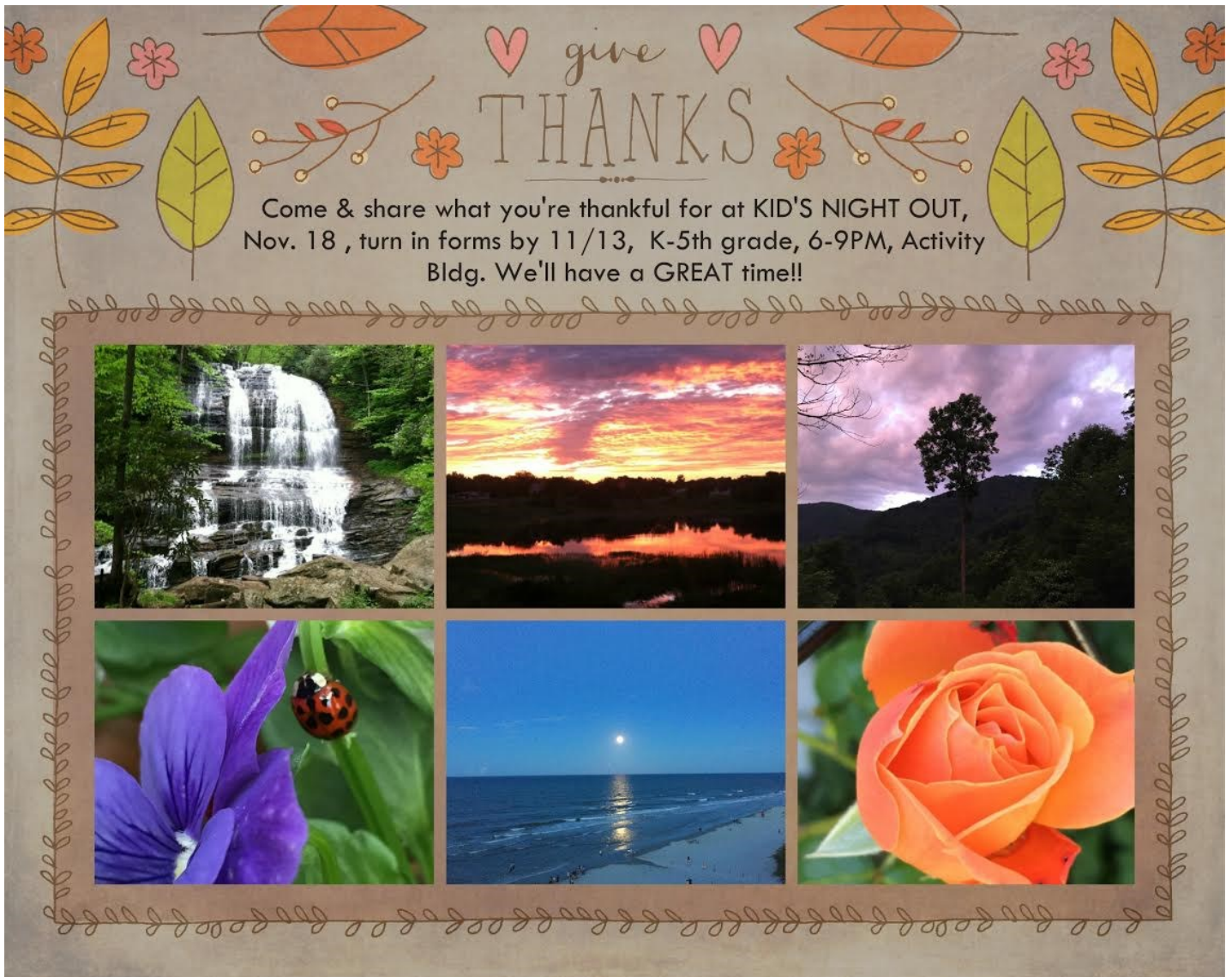
The excitement was contagious @ Kid's Night Out on October 21st! Our theme was "Fall into Place!" First, we made pumpkin name tags and played candy corn bingo (of course, we had to eat a few playing pieces!) There were autumn/fall jokes by Miss Di, and the jokes and riddles got those brains thinking! The balloon game is a favorite & Miss Di is a great coach. The kids did a giant puzzle & learned that when there are pieces missing, the picture is not complete; just as they have a place at home, school, church & of course Kid's Night Out, where they are truly missed if not in their place. Next they made edible "acorns" while learning about acorns. YUMMY! We finished filling our "shoe boxes" for our missions project.

Our Bible verse was from James 5:7, "Be patient" which prompted a discussion on lots of ways it is hard to be patient. Craft time found the artists at work making their autumn/fall picture and they did a great job! We had books to read, a DVD of migration due to the season change, and popcorn, of course, thanks Miss Di and Mr. Don. Everyone left with a Glo stick & a book. There were even questions regarding the upcoming November Kid's Night out ("what's the theme for the next one?") Come and see what adventures we will have on Nov 18th at our next "Kid's Night Out"! Until then, we will all have to work on being patient!

-submitted by Carol Batts

KID'S NIGHT OUT COMING UP NOVEMBER 18

We are having another “Kid’s Night Out” in November! As you can see from the page before, the children had a wonderful time, with lots of activities, crafts, lessons, and snacks. If you’d like a night out, you can have one for your children, age K-5th grade. Forms are available in the church office, and must be submitted by November 13. If you’ve already filled one out and don’t wish to fill one out again, please just come to the office and ‘sign off’ for that date. If your child has not been to this activity before, and you’d like them to attend, please make sure you fill out a form. Space is limited to 20—hurry and RSVP!



2016 Schedule for First Baptist Church, Tryon, NC

Regularly Scheduled Weekly Activities (unless otherwise noted) include:

Sundays	Sunday School, 10am Worship, 11am Children's Choir (grades 1-5), 5pm Refuge (grades 6-12), 5pm
Wednesdays	Bible Study, 10am Handbell Rehearsal, 6pm Women's Bible Study in Rock House, 6pm Chancel Choir Rehearsal, 7pm

Regularly Scheduled Monthly Activities (unless otherwise noted) include:

1 st Monday of each month	Mission Team, 5:30pm
1 st Tuesday of each month:	WMU, 10am
2 nd Tuesday of each month:	Sisterhood, 7pm
3 rd Monday of each month:	Brotherhood, 6:30pm
3 rd Tuesday of each month:	Deacons, 6pm

This is the current schedule for the year. Please note some things may be re-scheduled, added, or changed as needed. If changes occur, you will be notified by email, worship bulletin, newsletter, or announcement in worship. If you have any questions, please contact the church office.

Thank you.

NOVEMBER MISSION EMPHASIS – Shoe Boxes

Sun, Nov 6	All Saints Sunday, Quarterly Church Conference
Sun, Nov 13	SEE, 5pm
Fri, Nov 18	Kid's Night Out, 6-9pm
Sun, Nov 20	Communion Sunday Community Thanksgiving Service—at Holy Cross, 4pm

DECEMBER MISSION EMPHASIS—Angel Tree (Thermal Belt Outreach); Kathy's Kids

Sun, Dec 4	Annual Christmas Dinner
Sun, Dec 18	Caroling, 3pm
Sat, Dec 24	Christmas Eve Worship, 5pm
Sun, Dec 25	Christmas Day Worship, 11am

A NOTE FROM CANDY

Dear Friends,

Thank you so much for the nice send-off you gave us on my last Sunday at First Baptist. The pottery pitcher and Morris the Horse will have prominent places in our new home. The reception was so lovely and I appreciated the opportunity to try to personally tell everyone good-bye. Thank you once again for the gift of bringing me back to Western North Carolina and for the opportunity to serve in your midst. It has been an honor and a privilege to do so. Please be assured that you will remain in our hearts and our prayers as you continue to serve God faithfully.

-Love, Candy and Dick

November Sunday Schedules

Deacons for November

*Stephen Brady
Beth McCallister
Keith Collins
Susan Smith
Rick McCallister

**denotes Lead Deacon*

Ushers for November

Ashlyn Green, Stephen Morris (front)
Charles McKeller (hall)
Lou Rossi (side)

Acolytes for November

11/6 Harper Harris/Luke Miller
11/13 Oakley Whiteside/Hatty Jolly Crawford
11/20 Communion—No Acolytes
11/27 Katie Cothran/Jonathon Edwards

Children's Church Workers for November

11/6 Stephanie Mathis
11/13 Cindy Dusenbury
11/20 Danny & Erin Fox
11/27 Cathy & JT Johnson

REMINDER

Turn your clocks back an hour on November 5, for Daylight Savings time, and catch a few extra winks!

November Milestones

Wedding Anniversaries

7 Grayson & Carrie Donahue
10 Tommy & Edith Vehorn
13 Gary & Carol Nobles
19 Tommy & Sharon Burrell
25 Bill & Rena Henderson

Birthdays

1 Jimmy Campbell
3 Carol Nobles, Olivia Whiteside
4 Donna Littlefield
5 Brian Radaker, Vicky Justice, Ethan Waldman
7 Margot Carter
8 Matthew Covil, Casey Collins Harris
Joyce Scoggins
9 Estella Hanson
10 Diane Cothran
11 Edith Vehorn
13 RuthAnn Arledge, Katherine Garrett
14 Mary Kathryn Hemphill
17 Ella Sap
18 Leah Justice
19 Otis Miller, Edward Culbreth
24 Tatum Johnson, Charles Huneycutt
25 Trey Dusenbury, John Spinks
26 Griffin Gates (McKaig) ('13)
28 Phil Feagan
29 Conner Dusenbury ('00), Bill Henderson
30 Rollins Carter ('02)

College Student Birthdays

1 Brooke Scoggins