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8:15—9:30 AM
Chatterbox Café
8:45 AM
Sunday School
10:00 am Worship
English Language
11:45 AM
Karen Sunday School
12:00 PM
Karen Worship Service

ATTENDANCE

February 5
N/A

February 12
72

February 19
N/A

MAXIMUM IMPACT



How can we have the maximum positive impact in our relationships with others who may not know Christ and his love. Pastor Bill Hybels gives a simple formula that helps us remember the basics.

$$HP + CP + CC = MI$$

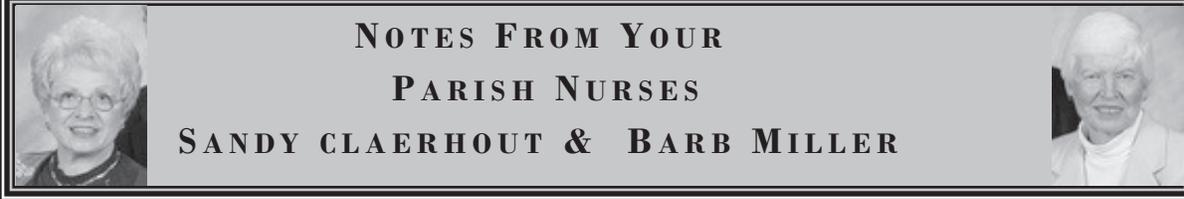
HP simply stand for HIGH POTENCY, it means being a good example. It means letting your light shine brightly throughout your everyday life. It means understanding that those who live in darkness are attracted to light, so you need to be that light, not a flickering candle. Lose your temper and curse in public, you just lost some wattage. Pass judgment on people in town with others, your light is getting dimmer. Get involved in gossip about your neighbors, you become a candle flickering in the wind. We need to be a HIGH POTENCY light for the world.

CP - stands for CLOSE PROXIMITY. This simply means, being a shining light only at your house is doing nothing for the expansion of the kingdom. Jesus said, "You are the light of the world. A city on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven" (Matt 5:14-16) Put that light out there, get involved with community events that have LOST PEOPLE, talk to and become friends with the lost. Get close enough for them to see the light that shines in your life or it does NO GOOD.

CC - stands for CLEAR COMMUNICATION. This is sometimes the one thing people have a real difficulty with. They don't know how to clearly communicate their faith. There is no simple answer for this, other than, be yourself and speak the truth. Don't make up things, telling people "yeah its in 3 Corinthians chapter 55, I read it just last week." I must admit, I am floored by some of the things I hear people tell me are in the Bible. Clear communication involves being yourself and being honest. If you don't have the answer, tell your friend you don't know, but you can surely find out.

HP + CP + CC = Maximum Impact and this is what we need in this world. Let's be intentional about being a friend to our neighbors. Let's be intentional about having maximum impact! As we let our light shine with HIGH POTENCY and bring ourselves in CLOSE PROXIMITY with those who need it most, and strive for CLEAR COMMUNICATION, God will bless us with MAXIMUM IMPACT!

Pastor Flint



February is recognized as National Heart Month. According to the American Heart Association, cardiovascular disease (CVD) is the leading cause of death in the United States (AHA, 2017). Close to 86 million Americans have some type of CVD including high blood pressure and stroke (AHA, 2017). CVD often goes undetected, but is highly preventable in many cases. An analysis on ANA's health risk appraisal (a survey of over 100 RNs and nursing students) shows that 25% reported being diagnosed with hypertension by a health care provider (ANA and ICG, 2016). Nurses know that healthy eating, physical activity, normal BMI, regular healthcare visits, limited alcohol consumption, and a tobacco free lifestyle are their best defenses against CVD, but achieving those habits can be difficult. ANA's health risk appraisal data shows respondents have an average BMI of 27.6 (overweight), and struggle with eating recommended amounts of whole grains, fruits, and vegetables (ANA and ICG, 2016). Only about half meets the recommended amount of aerobic and muscle strengthening exercise (ANA and ICG, 2016). How can we improve these statistics and improve our heart health?

Probiotics are taking center stage these days. You'll find them at the grocery store, health food store, and even in your doctor's office. But what are those creatures in a spoonful of yogurt, or tiny capsule? Probiotics are a variety of microorganisms that help to maintain healthy bacteria in the gut. They help to "keep the peace" in our stomach and intestines by promoting the growth of good bacteria. This aids our digestion while protecting the lining of the gut from infection and damage.

Probiotics are commonly used when antibiotics are prescribed. They should be taken in conjunction with the medication, and can alleviate some of the gastrointestinal symptoms associated with antibiotic use. In fact, by a recent study published in the *Journal of the American Medical Association*, those individuals taking the probiotics were found to have a significantly reduced risk of antibiotic-associated diarrhea.

If you think probiotics are only helpful in your GI tract, you may want to reconsider. These microorganisms have also shown benefit in individuals with chronic infections, allergies, eczema, and acne.

The healthy bacteria can be found in a variety of foods that undergo fermentation. Most popularly, these are foods like yogurt, kefir (a yogurt drink), sourdough bread, and even pickles. When deciding on a probiotic, it is important to take a few things into consideration. Take a look at how many colony-forming units or CFU's your probiotic contains. Generally the numbers in the billions (at least 10-20 billion) are a safe and effective amount. Additionally, look for an expiration date and potency of the product at the time of expiration, rather than the time of manufacturing. Many products are manufactured with billions of CFU, but by the time that actually reach our gut, many of these bacteria will not survive. You may only be ingesting a fraction of what is stated on the label.

Finally, ensure your probiotic contains *Lactobacillus* or *Bifidobacterium*. These are two bacterial strains that have been well studied and discussed in medical literature. Probiotics may also contain other organism strains in addition to these two, which is common and generally it is safe to take a supplement with more than one bacterial strain. When possible, aim to consume foods with high amounts of probiotics, such as yogurt, and sauerkraut. If you need to take a pill or supplement, there are capsules, gels, and liquid forms available. Your body may take a few days to adjust, but your gut will definitely be healthier!

**March
2017 SUNDAY GREETERS AT WELCOME CENTER**

March 5th - David & Linda

March 12th - Gary & Julie Rodell

March 19th - Bev Nelson & Jackie Shattuck

March 26 - Bob & Melba Moody

**IF YOU HAVE ANY QUESTIONS OR NEED TO CHANGE THE TIME
OR DATE, PLEASE CALL DONNA O'NEILL AT 762-9572.**

WEEKLY BUDGET NEED

FOR 2017	\$3,929.02
January 22	\$1,123.00
January 29	\$1,236.00
February 5	\$3,294.00
February 12	\$27,825.00
February 19	\$901.00



Due to large price differences in airplane tickets, the Costa Rica Missions Trip has been postponed to August. We apologize for any inconveniences that this change might cause.



**"We're burning 20 calories just by shaking hands.
This relationship is off to a great start!"**



“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7 NIV



PRAYERS FOR HEALTH & HEALING

If you have a name that you wish to put on the prayer list, (someone with illness or other needs), please call the church office, and we will be glad to add them.

- Willie Newenham (Illini Restorative Care)
- Lillian Dyer (Broken Collarbone)
- Kyle Woolfork (Lung/Liver Cancer - Friend of Nick Maess)
- Judy Murphy (Cancer - Friend of Johnsons)
- Jack Schmidt (Twisted back)
- Jim Crawford
- John Crowe (Lyme's Disease)
- Mulu Zerihoun, (Liver Cancer)
- Kathy DeCap (cancer—Joe Johnson's sister)
- Bryce Orwig (10 year old with cancer)
- Matt Nelson, (Bev Nelson's son)
- Sharon Angelo
- Maryann Schmidt
- Andrew Jarvis
- Noah Deitch (Asthma— 3yr old relative of Johnsons)
- Jacob Schweitzer (has diabetes, is under doctor care)

PLEASE PRAY FOR OUR EXTENDED FAMILY

Patricia Ostrand (The Fountain)
Virginia Anderson (Lighthouse)
Gladys Reamy (Hope Creek)
Cathy McGill (Home)
Grace Orton (Home)
Jim Anderson (Bickford Cottage)

PLEASE PRAY FOR OUR MILITARY

Anthony Mathis	D.J. Gladfelter
Danny O'Neill	Lauren Hugel
Galen Ryan	Nick Uzelac
Wm. Robert Crouch	Zakris Sotirin-Miller

REMEMBER ALL OUR MISSIONARIES IN PRAYER, ESPECIALLY THESE WITH WHOM WE HAVE A SPECIAL RELATIONSHIP

HAITI

Kihomi & Mabudiga Nzunga -
Partner Missionaries

COSTA RICA

Lillian Solt - Partner Missionary

OKLAHOMA

MURROW INDIAN CHILDREN'S HOME,
Betty Martin

Special Interest Missionaries

Taku and Katie Longkumer
Kristy Engel
Scott and Tan Coats

FIRST BAPTIST CHURCH OF MOLINE**CHURCH COUNCIL MEETING****MONDAY, FEBRUARY 20, 2017**

Pastoral:	Pastor Flint Miller	Financial Secretary:	Paula Newell
Human Resources:	Terry Jarvis	Education:	Absent
Moderator:	Martin Newell	Diaconate:	Nancy Crawford
Clerk:	Mary Anderson	Stewardship:	Absent
Mission:	Barb Miller	Worship & Prayer:	Cathy Jarvis
Treasurer:	Tom VanDeVenter		

Bettelou Shipley was also present at the meeting. Pastor Flint opened the meeting with prayer.

TREASURER: Tom reviewed the financial report for January. During January 2017 we spent \$31,022.77 from the budget of \$204,309.00 which is 15.18% of the budgeted amount. The checkbook balance at the end of January was \$28,358.96 consisting of \$90,458.43 that is special designated money and a NEGATIVE \$62,099.47 that is budget money owed to the checkbook from savings due to underfunded budgets in prior years. On 1/31/2017 \$25,526.00 was transferred from designated accounts #314 and #315 to budget #4010. These two accounts contained 2017 pledges paid in 2016 and 2016 pledges paid in 2017. During January the checkbook balance decreased \$21,403.98. Since budget income exceeded budget expenses, net fund value decreased \$17,020.75. Totals in all bank accounts = \$477,899.63. The Savings portion is \$449,540.67 of which \$62,099.47 is committed to the checking account for prior year underfunded budgets.

CHURCH CLERK: The council reviewed last month's meeting minutes, and there were no corrections. Due to the absence of Nancy Lee and Tim O'Neill at this month's meeting, Martin Newell made a motion to defer for another month the discussion regarding definitions of Active versus Inactive members. Tom Van DeVenter seconded the motion, a vote was taken, and the motion passed unanimously.

MODERATOR: The Growth Team has decided to meet monthly instead of weekly. The meetings will be held at 4:00pm on the Thursdays before the church council meetings. All church members are invited to attend if they wish. If members have any ideas about church growth or relationships, they can approach a team member right away, and also come to the meeting.

PASTORAL: Pastor Flint will be writing a new page in our monthly newsletter about building relationships, and he will continue to make it the theme for worship. One idea we can think about for this spring is to for members to get together for dinner in groups, either at someone's home or a restaurant, preferably with people we don't normally socialize with in order to build relationships. Pastor Flint would like for our congregation to do something meaningful with the Karen congregation. It's something we can be thinking about. Martin Newell mentioned that he feels it's important to build a relationship with the Karen leadership first to help us understand cultural boundaries. Pastor Flint suggested we could invite two or three English-speaking Karens to our council meeting to get their ideas on how to build relationships with them. Cathy Jarvis mentioned that we could be prayer partners with the Karen kids, asking them how we can pray for them. This would help us to get to know them better. There are also plans in the works to do special music together occasionally with the Karens on Sunday mornings.

MISSIONS: We cooked and served the Hope Church meal that was held on January 22nd. We are signed up for six dinners for 2017, the next one being April 9th. Volunteers are appreciated. The America for Christ offering is being collected during February and March.

WORSHIP AND PRAYER: Cathy Jarvis ordered eight copies of the Secret Place in large print.

DIACONATE: Nancy Crawford suggested we have a coffee ministry. Volunteers can pick up members who don't drive, and they can get together for coffee and a short visit. It would be a good way to build relationships.

After a prayer by Pastor Flint, the meeting was adjourned.

Respectfully submitted,
Mary Anderson, Church Clerk



Dear Folks:

We all miss our church administrative assistant, Joannie Holmes who retired at the end of January. What a great gal who loves the Lord. And we look forward to a long and happy relationship with our new administrative assistant, Brooke West.

February is a month of love and there are so many kinds: love of God, love of family, love of the whole earth, and all living things. The Roman Saint Valentine was born in 176 AD. This 3rd Century saint has long been associated with courtly love. As well as the Roman Catholic Church, he is commemorated by the Anglican Communion as well as in Lutheranism. I have also been enjoying Pastor Flint's sermons on love as I know you are as well.

In March, Bryon Lear, Director of the Moline Public Library, will speak to our women's circle (ABWM). The name Lear is familiar to many of us. He says he's looking forward to visiting us in March.

Wishing you all had a Happy Valentine's Day.



Barbara



ATTENTION:

THIS ANNOUNCEMENT MAY SEEM A LITTLE EARLY, BUT ABWM IS PLANNING TO HAVE ANOTHER RUMMAGE SALE IN THE SPRING. PLEASE START SAVING AND SORTING GOOD, CLEAN, QUALITY ITEMS NOW. WE WILL NOT BE ACCEPTING CLOTHING, BUT WE WILL BE ACCEPTING SHOES AND ACCESSORIES. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT NANCY CRAWFORD.

Building Relationships

What are we doing to build and strengthen relationships? Some things heard about the church:

1. Taking time to talk with a neighbor who leaves junk beside their garage that's an eyesore. This builds the relationship and provides a foundation for more conversation.
2. Getting to know someone better by sharing a meal together.
3. Going to a civic event where we meet new friends in the community.
4. Intentionally planning on having coffee with someone I don't know well.
5. Giving someone a ride that needs it.
6. Coming together in new ways at church – like a Hymn Sing!
7. Stopping to talk as you walk through your neighborhood.
8. Going out for coffee and pie after choir practice to celebrate the birthdays of two choir members.

**It's all about
relationships**



Our next event to disperse diapers is on Saturday, March 18th, 10am - 12pm. This is a service to families who need an emergency supply of diapers at the end of the month. As you may know, WIC, LINK and other government programs do not cover diapers. This means that families may have to choose between paying for diapers or essential items, such as food.

See Nancy Crawford (309) 203 5303 if you would like to learn more

Dear FBC Members,

Thank you so much for all your kindness and friendship to me throughout the years. You have become part of my family.

Thank you for my wonderful retirement party. The food, decorations, flowers, presents, cards and best wishes— everything, was lovely and I felt so loved. I am not saying goodbye for good, but I will see you all soon.

Love you all, and God bless you.

-Joannie



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Pastor

Dr. Flint Miller

Parish Nurses

Sandy Claerhout Barb Miller

Church Musician

Jen Hays

Administrative Assistant

Brooke West

Custodian

Cathy McWade

First Baptist Church
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Moline, IL 61265

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Barb Chaney, Editor
Brooke West, Publisher

2017 Theme

Building Relation-
ships Inside and Out-
side the Church

Our Identity and Mission
Statement:

“We are a multi-cultural
family seeking to grow in love
of God and neighbor intent on
sharing the Good News of
Jesus Christ.”



LOOKING AHEAD 2017
MARCH NEWSLETTER
DEADLINE—MARCH
20

MAIL—MARCH 23

(ONE ISSUE MONTHLY)

**We're on
the web!**
**www.fbc-
moline.org**