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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 5th - 40
February 12th - 72
February 19th - 69
February 26th - 69
March 5th - 62
March 12th - 70
March 19th - ?

GAZING AT THE LIGHT



Bible teacher, A.T. Pierson, tells about a new believer in Christ who had a strange dream in which he was trapped down a very deep well in the night. He looked up and saw a single star shining far above him. As he fixed his gaze, it seemed to let down lines of silver light that took hold of him and lifted him up. Then he lowered his eyes and looked down, and he began to go down. He looked up, and he began to go up; he looked down and began to descend again. He found that by simply keeping his eye on that star, he rose out of that well until his foot stood on the firm ground. The dream was a parable, Dr. Pierson said. “Get your eyes off yourself and on your Savior. Now and here, turn your eyes to the Lord Jesus.”

This season of Lent gives us the opportunity to refocus our gaze on the light of Christ. Daily we are tempted to lower our gaze and be distracted and dragged down by the darkness. Yet, Lent encourages us to embrace the discipline of letting go of smaller things and renew our delight in the Light of the World, Jesus Christ, our Lord and Savior. Let’s carry his light in our hearts, and share it with others. Remember it’s all about building relationships. Who can you encourage and lift up today? What neighbor can you serve in some way? If we ask the Lord for opportunities to build relationships, he will give them. Keep his song in your heart ...

“Turn your eyes upon Jesus

Look full in his wonderful face

And the things of earth will grow strangely dim

In the light of his glory and grace.”

Grace and peace, Pastor Flint



**NOTES FROM YOUR
PARISH NURSES
SANDY CLAERHOUT & BARB MILLER**



When It's Something You Ate

When it comes to food poisoning, what you don't know can hurt you. It's commonly believed that food poisoning always causes acute bouts of diarrhea and vomiting. But in the past few years, I hospitalized two patients with this all-too-common affliction who had neither of those symptoms. One of the men had a six-month history of intermittent fever, weight loss, night sweats, and joint pain. The second was hospitalized with high fever, confusion, and stiff neck. The causes of their problems were initially unclear. But on further examination and testing, both turned out to have food poisoning—illness caused by contaminated food or water. Each year, according to estimates by the Centers for Disease Control and Prevention, about one in six Americans is sickened by a foodborne illness. Of those, 128,000 require hospitalization and 3,000 die.

Food Poisoning Misconceptions Are Common

Symptoms do usually consist of varying combinations of nausea, vomiting, diarrhea, abdominal pain, and fever. But many people may be unaware that food poisoning doesn't always lead to gastrointestinal grief, as evidenced by the two very sick people described above. Some other facts about food poisoning also seem to have evaded many of us. For example, the majority of people who responded to a 2016 Food and Drug Administration survey believe that restaurant meals are more likely than home meals to be the cause of food-borne ills. It's true that your health is in the hands of kitchen personnel when you're dining at the local bistro. But food that's poorly prepared or incorrectly stored at home can also make you sick. Also, although 66 percent of the FDA survey respondents felt that it was "very likely" that chicken may harbor germs, only 6 percent said the same of vegetables. The truth is that both chicken and produce can be germ-laden. On the plus side, some 90 percent of the survey takers reported that they either clean cutting boards after using them or change to a different cutting board after prepping raw meat, poultry, or fish. But fewer than half said they scrub up after cracking raw eggs—notorious for containing salmonella organisms. The majority also said they wash chicken prior to cooking, a habit that won't eliminate bacteria but can contaminate other foods and surfaces.

The Culprits Are Varied

A variety of organisms can cause food poisoning. The most common include norovirus (a highly contagious virus, known for infecting multiple people on cruise ships), salmonella (found in meat, poultry, eggs, and produce), E. coli (one cause of traveler's diarrhea), hepatitis A virus (often in raw shellfish), campylobacter (common in poultry), and listeria (typically found in delicatessen meats and soft cheeses). Some organisms, such as botulinum and staphylococcus, produce a potent toxin that does the damage. If you suspect food poisoning, adequate fluid ingestion is key to avoiding complications. I usually advise fruit juices and canned chicken broth to replace the lost fluid and electrolytes (mostly sodium and potassium). Antibiotics are not usually needed. Anti-diarrheal medications such as loperamide (Imodium A-D and generic) and diphenoxylate with atropine (Lomotil and generic) do little to help—and could hinder recovery. Most cases of food poisoning end on their own within a week or so. See your doctor if symptoms last more than three days (24 hours for infants and seniors), abdominal pain is severe, or you have an oral temperature higher than 101.5° F. For signs of dehydration (weakness, increased thirst, decreased urine output, lightheadedness), hospitalization might be needed for rehydration with intra-venous fluids. In rare instances food poisoning can be fatal, as in the case of botulism—which can occur as a result of improperly prepared at-home preserves. Symptoms such as confusion, dizziness, numbness and tingling, and double or blurry vision constitute an emergency and warrant immediate medical attention.

2017 SUNDAY GREETERS AT WELCOME CENTER

April 2nd - Gary and Julie Rodell
 April 9th - Bev Nelson and Jackie Shattuck
 April 16th - Marge Mirr and Vera Mathis
 April 23rd - Bob and 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
February 26th	\$6,5050.00
March 5th	\$4,275.02
March 12th	\$2,714.00
March 19th	\$2,025.00

Anyone making baked goods for the garage sale may leave items in the kitchen starting April 3rd. Any questions? Please call Donna O' Neill (309) 762-9572

Ladies please mark your calendars and plan to attend Area 1 annual meeting, Saturday, April 22nd at Blackhawk camp. The speaker will be Ray Shellinger. He is a missionary who works with Deborah's House in Tijuana, Mexico — a ministry to women and children who are victims of domestic violence, providing crisis intervention, health care, and shelter for victims. The women also learn entrepreneurship, particularly sewing skills, enabling them to provide for their families when they leave the shelter. The American Baptist Women of the Great Rivers Region Special Project for the 2016-2017 year is to provide furniture for two classrooms and a library at Deborah's House.



Easter Lilies may be ordered starting March 26th through April 9th. The price this year is \$8.00 per Lily. See Dorose Harrington or Jo Ann Parmley for ordering. Make checks payable to First Baptist Church. Lilies will arrive Easter Day.

The Next ABWM meeting will be Monday, April 10th at 9:30 am in the GA room. Beverly Nelson and Ann Watkins will be hostesses, Carol Lear will be doing devotions, and Barb Miller will be the leader. Program is to be announced at a later time. Coffee and refreshments will be served. All women of the church are welcome. Hope to see you there.



All women of the church are invited to Area 1 Spring Spiritual Festival on Saturday, April 1st from 9:30 am until 12:00 pm at First Baptist Church, 1101 4th Street Orion, Illinois. The program will be Habitat for Humanity: History, Current Projects, and question and answer time. Coffee will be served along with a program, fellowship, music, devotional, and prayer time. Please see Melba Moody for transportation if interested in going.



“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 (at home)
- Sharon Angelo
- Jim Crawford
- Mulu Zerihoun, (Liver Cancer)
- Bob Reynolds
- David Anderson
- Noah Deitch (Asthma— 3yr old relative of Johnsons)
- Bettylou Shipley (Broken hip, Hope Creek Rehab)
- Sharon Farral (broken ankle)
- Kathy DeCap (cancer—Joe Johnson’s sister)
- Bryce Orwig (10 year old with cancer)
- Matt Nelson, (Bev Nelson’s son)
- Maryann Schmidt
- Andrew Jarvis
- Jacob Schweitzer (has diabetes, under doctor care)
- Judy Murphy (Cancer - Friend of Johnsons)
- Donna Carlson

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

Church Council

FIRST BAPTIST CHURCH OF MOLINE

CHURCH COUNCIL MEETING

MONDAY, FEBRUARY 20, 2017

Pastoral:	Pastor Flint Miller	Financial Secretary:	Paula Newell
Human Resources:	Absent	Education:	Nancy Lee
Moderator:	Martin Newell	Diaconate:	Nancy Crawford
Clerk:	Mary Anderson	Stewardship:	Tim O' Neill
Mission:	Barb Miller	Worship & Prayer:	Absent
Treasurer:	Tom VanDeVenter		

Pastor Flint opened the meeting with prayer.

TREASURER: Tom reviewed the financial report for February. The checkbook balance on 2/28/2017 was \$42,149.16. The total of all other funds was \$449,540.67 giving a funds total of \$491,689.83. After deducting our budget deficit of \$67,578.24, the net funds value is \$424,111.59. As of 2/28/2017 we've spent \$49,045.54 from the budget of \$204,309.00 which is 24.01% of the budget. The checkbook consists of \$109,727.40 that is special designated money and a NEGATIVE \$67,578.24 that is budget money owed to the checkbook from savings due to underfunded budgets in prior years. During January and February the checkbook decreased \$7,613.78, budget expenses exceeded budget income by \$1,095.54, and our net funds value decreased \$8,709.32.

CHURCH CLERK: The council reviewed last month's meeting minutes, and there were no corrections.

MODERATOR: Gary and Julie Rodell will be moving away in May. A reception will be held for them before they leave. Julie is the main auditor for the church, along with Carol Lear. A discussion was held on how to replace Julie in that position. If we can't find anyone within the church, we will look outside the church or look into hiring an accounting firm to do it. The council began a discussion about church membership, which was tabled for now.

PASTORAL: One of our church members has offered to fund a library box for the church that can be bought as a pre-made kit. The box would be put outside of the church most likely on the base of our old church sign that was removed. The purpose for the library box is to place books in it for adults and children—anyone passing by— can take and read. They can return the book, or keep it, or add a book to the box. This would be another outreach for our church. Tim made a motion that we proceed with the plans for the library box. Nancy Crawford seconded it – a vote was taken and the motion passed unanimously.

DIACONATE: Diaper Depot was held this last weekend and a larger number of people showed up to receive diapers than previous events. Channel 4 news did a report on it. Nancy will talk to her ministry team about putting a sign advertising Diaper Depot on the Avenue of the Cities while the Diaper Depot is open. One lady who came said she would come to our church service and bring her baby. The church nursery is now prepared for use once again. Also, the council agreed that Nancy should proceed with the coffee ministry she proposed at last month's meeting.

STEWARDSHIP: A work/clean up day will be held on Saturday, April 22nd in the morning. A suggestion was made that we bring in Chick-Fil-A for lunch afterwards.

EDUCATION: The Compass group will be holding a Passover seder meal on Palm Sunday evening, April 9th. It will also include the reading of the traditional Jewish Passover story. We have about 30 students in Sunday School and in Compass.

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

Respectfully submitted,

Mary Anderson, Church Clerk



Dear Folks:

The sun is so bright and friendly today. Last Sunday I thoroughly enjoyed Josh Groban's song on prayer. In my *Christian Century* magazine, there's a column titled "Century Marks". One of the paragraphs reads as follows: "Between 1975 and 2015 no Americans were killed by persons of the seven nations named in President Trump's travel ban. In the same period 1.34 million American lives have been lost to guns, including murder, accidents and suicides. That's about as many people that live in Boston and Seattle combined. It's also roughly as many Americans that died in all the wars in American history since the American Revolution, depending on the estimate used for the Civil War. Husbands in America are far more deadly than Islamic terrorists, due to their access of firearms." (*New York Times*, February 11th) Here's another paragraph in this issue of "Century Marks": "The homeless often spend lots of time in public libraries, especially in the winter, and some public libraries have embraced an assisting role. In Dallas, library staff often open the doors early for the homeless and serve them coffee. The library also has programs to help the homeless gain job skills and enroll in health insurance. San Francisco's library has a social worker on staff, San Diego's main library has a hired mental health caseworker, and the Baltimore library has a community technology center." (*NPR*, February 7th)

Barb Chaney, Editor



Our next event to disperse diapers is on Saturday, May 20th, 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.

How to Build Good Relationships

So, what can we do to build better relationships?

Schedule Time to Build Relationships. It sounds simple enough. Devote a portion of your day toward relationship building, even if it's just 20 minutes, perhaps broken up into five-minute segments. Walk a few steps and chat with your neighbor. Pick up the phone and check on someone who might need encouragement. Drop someone a hand-written note. Have a cup of coffee together. These little interactions help build the foundation of a good relationship, especially if they're face-to-face.

Focus on Your E.I. Also, spend time developing your emotional intelligence (E.I.). Among other things, this is your ability to **recognize your own emotions**, and clearly understand what they're telling you. Recognizing your own emotions helps you to understand the emotions and needs of others.

Appreciate Others. Show your appreciation whenever someone helps you. Everyone wants to feel that they are appreciated, no matter how small the act of courtesy or kindness. So genuinely compliment the people around you when they bless you in some way.

Be Positive. Positivity is attractive and contagious, and it will help strengthen your relationships with family, friends, neighbors - whoever! No one wants to be around someone who's negative. Be the positive part of someone's day.

Avoid Gossiping. If you're experiencing conflict with someone in your group, talk to them **directly** about the problem. Gossiping about the situation with others will only exacerbate the situation, and fuel mistrust and animosity. Gather some "good old-fashioned courage", along with humility and gentleness and talk to the person directly.

Listen Actively. Practice careful and intentional listening with others. People respond to those who truly listen to what they have to say. Focus on listening more than on talking, and you'll quickly become known as someone who can be trusted.

First Baptist Church
1901—29th Street
Moline, IL 61265-4260
Phone: (309) 762-4581
Fax: 762-7470
Email: church.office@fbc-moline.org

Pastor

Dr. Flint Miller

Parish Nurses

Sandy Claerhout Barb Miller

Church Musician

Jen Hays

Administrative Assistant

Brooke West

Custodian

Cathy McWade

First Baptist Church
1901—29th Street
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
APRIL NEWSLETTER
DEADLINE—APRIL
17TH

MAIL—APRIL 20TH
(ONE ISSUE MONTHLY)

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

Date Nut Squares

1 Egg
1/4 cup Butter or Margarine
3/4 cup Sugar
1 1/3 cup Bisquick
1/2 Chopped Nuts
1 cup Cut-up Dates

Heat oven to 350°. Grease 9x9x2” pan. Mix thor-
oughly: butter, sugar, and egg. Stir in bisquick,
nuts, and dates. Spread in prepared pan; bake for
25 minutes. Cool for 1 hour. Cut into squares.
Sprinkle powdered sugar on top.