

TABLE OF CONTENTS

Parish Nurse	Pg. 2
Notes & Events	Pg. 3
Prayer Works	Pg.4
Church Council	Pg. 5
Events	Pgs.6
Building Relationships	Pg.7

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

May 7th - 66

May 14th - 58

May 21st - 49

May 28th - 46

June 4th - 46

June 11 - 45

What Lasts?



As you may know, earlier this month our family traveled to Ashville, North Carolina for my niece's wedding. It was on the grounds of the Biltmore Estate overlooking the Biltmore mansion. It is the single largest home ever built in America. Let me tell you it is something to see! It proved so large and so expensive to maintain, that even the Vanderbilt's millions could not sustain it. It had gardens, lakes, 16,000 acres of land, an indoor swimming pool, a gym and even a bowling alley. It employed 140 people. This estate was a monument to the "Gilded Age. It brings to mind powerful figures like John D. Rockefeller, George Vanderbilt, and Andrew Carnegie. It is amazing to see how these men were driven to build and amass unheard of fortunes. Their whole lives were dedicated to amassing money and power.

Yet George Biltmore died a premature death at the age of 52 resulting from complications from appendicitis. As the Great Depression approached the family had no choice but to open their home to the public to simply maintain the property. The house and gardens are truly a marvel. The more important matter, however, is "What enduring legacy did George Vanderbilt leave behind?" C.T. Studd wrote in his most famous poem,

Give me Father, a purpose deep,
In joy or sorrow Thy word to keep;
Faithful and true what e'er the strife,
Pleasing Thee in my daily life;
Only one life, 'twill soon be past,
Only what's done for Christ will last.

May we ever keep in mind the question, "What lasts?" As Isaiah the prophet expressed so long ago, "The grass withers and the flowers fade, but the word of our God stands forever." (Isaiah 40:8 NLT) Let's live for what lasts, shall we?

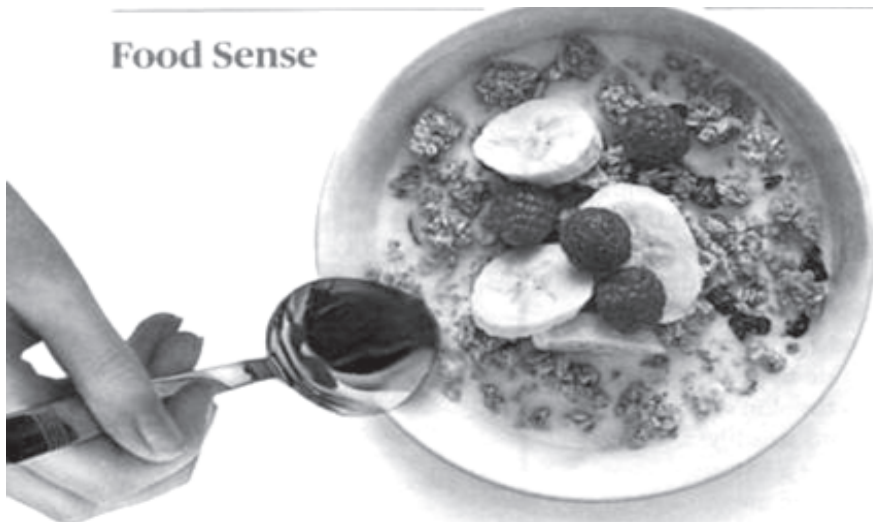
Pastor Flint



NOTES FROM YOUR PARISH NURSES SANDY CLAERHOUT & BARB MILLER



Food Sense



The Best Breakfast in a Bowl

Expert advice on how to choose a nutritious cereal

Cereal, that old familiar breakfast staple, is less popular than it once was. That's in part because many consumers consider it to be low in protein, high in sugar, and too processed to be healthful, according to the market research firm Mintel. Although that's true of many cereals, plenty are nutritious.

Plus it's quick, convenient, and can be an efficient way to get many essential nutrients all at once, says Ronni Chernoff, Ph.D., director of the Arkansas Geriatric Education Collaborative. For breakfast, she recommends covering four bases: fruit, protein, a complex carbohydrate, and dairy. Have a whole-grain cereal with milk topped with fruit to hit all four. Here's how to choose a good cereal:

PICK A WHOLE GRAIN

Look for a 100 percent whole-grain claim on the box, or read the ingredients list to be sure all grains are whole, such as whole wheat or whole-grain oats.

Whole grains are a great source of fiber. Having fiber in the morning means "you're not going to be having a hunger attack midmorning," says Emily Dhurandhar, Ph.D., an assistant professor of kinesiology at Texas Tech University.

Numerous studies have also linked whole grains to a lower risk of type 2 diabetes, heart disease, and cancer. They may even help you maintain a healthy weight. Researchers at Tufts University

found that people who replaced refined grains (like white bread or white pasta) with whole grains absorbed fewer calories and had a slight uptick in their resting metabolic rate compared with people who ate the same diet with refined grains.

SUSS OUT THE SUGARS

Even a whole-grain cereal can be a poor pick if it contains too much added sugar. Kellogg's Frosted Mini-Wheats, for example, is made from 100 percent whole-grain wheat and has 6 grams of fiber per serving, but it also has 11 grams of sugars, almost 3 teaspoons. Compare that with Post Spoon Size Shredded Wheat, which has 0 grams of sugars per serving. (The American Heart Association recommends no more than 25 grams of added sugars per day for women, 36 grams for men.)

"If you want it sweet, add fruit or even a teaspoon of sugar if you need to," says

Maxine Siegel, R.D., who heads the food-testing lab at Consumer Reports. "But if you're going to buy a sweetened cereal, choose one with no more than 8 grams of sugars per serving."

If you choose a cereal with the fruit already added, don't assume that all the sugars come from the fruit. "Check the ingredients list for added sugars, such as high fructose corn syrup, brown-rice syrup, or honey, to name a few," Siegel says. "All types of added sugars have the same health drawbacks as table sugars."

PAY ATTENTION TO PROTEIN

Having protein in the morning may help keep blood sugar steady and aid weight control. Cereals usually have 3 to 4 grams of protein per serving; some contain 6 or more grams. Pour on cow's milk (or certain soy milks) and you'll add about 3 to 4 grams per ½ cup. (Almond and coconut milks have practically none.) Or top your cereal with plain yogurt, which will add about 4 grams per ½ cup.

WATCH YOUR PORTIONS

In a test, Siegel's team asked consumers to fill a bowl with the amount of cereal they would typically serve themselves. About 92 percent poured too much—24 to 282 percent more than the serving size on the box. "A double helping of cereal can give you more fiber and protein, but it can also bump up the calories, sugars, and sodium," Siegel says. So grab your favorite bowl, pour out the amount you usually eat, and measure it. Then do the math so you know what you're really eating.

3 Good Picks

Consumer Reports recently rated several brands of cereal for taste and nutrition. These performed well in our analysis.



High Fiber
POST SHREDDED WHEAT
Serving: 1 cup
170 calories |
0 g sugars | 6 g fiber |
6 g protein



Sweet Cereal
CHEERIOS MULTI GRAIN
Serving: 1 cup
110 calories | 6 g
sugars | 3 g fiber |
2 g protein



High Protein
ALPEN MUESLI NO SUGAR ADDED
Serving: ¾ cup
210 calories | 8 g
sugars | 6 g fiber |
7 g protein

Notes

2017 SUNDAY GREETERS AT WELCOME CENTER

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**

May 14th **\$1,734.00**



What is a Little Free Library?

A Little Free Library is a “take a book, return a book” free book exchange. They come in many shapes and sizes, but the most common version is a small wooden box of books. They have become a popular way to be a friend to one’s neighbor and build a sense of community. Look for our church’s little free library soon.

Check the doors!

Please make an extra effort to check outside doors that you may use to make sure that they are locked behind you. We have a number of church members using the church for different ministries, so let's all take responsibility for making sure the church is secure. Thank you for your extra effort!



Prayer Chapel

After English worship on Sunday, we will have the Chapel open for prayer. Prayer counselors will be there to pray with you if you like, or you may pray quietly by yourself. The prayer counselor is available to pray for you or for any concerns that you may have. They can also answer questions about joining the church or serving in one of our ministries. Whatever the need, the Chapel will be open for prayer after worship.

Prayer Works



“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.

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, APRIL 17, 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:	Tim O' Neill
Mission:	Barbara Miller	Worship & Prayer:	Cathy Jarvis
Treasurer:	Tom VanDeventer		

Pastor Flint opened the meeting with prayer.

TREASURER: The checkbook balance on 5/31/2017 was \$42,931.07. The total of all other funds was \$455,821.67 giving a fund's total of \$498,752.74. After deducting our budget deficit of \$70,963.81 the net funds value is \$427,788.93. As of 5/31/2017 we've spent \$91,652.13 from the budget of \$204,309.00 which is 44.86% of the budget. The checkbook consists of \$113,894.88 that is special designated money and a NEGATIVE \$70,963.81 that is budget money owed to the checkbook from savings due to under-funded budgets in prior years. During the 1st 5 months of 2017 the checkbook decreased \$6,831.87, savings increased \$6,281.00, budget deficit increased \$4,481.11, and our net funds value decreased \$5,031.98. Also, the church has a CD that is due, and Tom distributed to the council the procedure for opening a new CD at Vibrant Credit Union where they currently have a better rate to reinvest the money. Signers for the CD need to be chosen. After a short discussion, Nancy Crawford made the motion to choose Wally Lofgren, Tim O'Neill, Mike O'Neill, and Jim Miller to be signers. Cathy Jarvis seconded it. A vote was taken and the motion passed unanimously.

FINANCIAL SECRETARY: Paula Newell mentioned that some of the information on the church's website has become out of date. Mary Anderson volunteered to make the updates and send them to the Augustana Web Guild to be posted to our website.

PASTORAL: Our little free library is ready to be set outside. It was decided to put it on the base of our old sign near 29th Street. We will need signage to explain – take a book, leave a book, etc. Pastor Flint said we need a vision for the box and someone to be curator of it. Nancy Crawford will make phone calls to find a curator. Pastor Flint will talk to Plaw So Thaw about making sure the Karen congregation understands what the little library is for.

STEWARDSHIP: Tim O'Neill reported that the garage has been painted, and an electrician will be here to replace light bulbs. Tim reminded the council to make sure all doors are locked when we leave the building, even checking doors we didn't use.

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

Respectfully submitted,

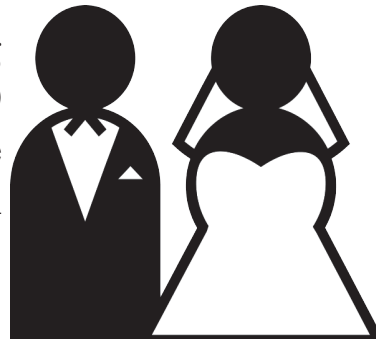
Mary Anderson, Church Clerk

Events



Vacation Bible school dates are June 26th through the 30th from 9:30am to 11:30am. Please see Susan Gritton or Nancy Lee for any questions you might have.

There will be a Karen Wedding Saturday, July 1st from 10:00 am - 1:00 pm. The union will be between The Lay Hser Eh Christ and K Paw Mu Soe.



FBC ANNUAL MISSION TRIP



The dates of the annual mission trip to Costa Rica are Monday August 7th through Thursday, August 17th.

If you are interested in joining us for this mission adventure, contact Bill Lee (Cell 309-235-8033). We will travel with our Missionary, Lillian Solt, to Asomobi in the mountains, conduct Bible School for several groups of children including the 100 kids from the shanty village in San José and participate in some work projects. Join us in this experience.

The Karen are having their own VBS July 5th through the 8th.



Our next event to disperse diapers is on Saturday, July 15th, from 10am - 12pm.

Set up is Friday, July 14th at 1:30pm. 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.



The Children's Camp at Lake Springfield is July 25th through the 27th.

Building Relationships

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

Return Service Requested

Non Profit Org.
US Postage Paid
ROCK ISLAND, IL
Permit 164



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

**JULY NEWSLETTER
DEADLINE— JULY
18TH**

MAIL— JULY 20TH

(ONE ISSUE MONTHLY)

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