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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

June 4th - 46

June 11 - 45

June 18 - 45

June 25 - ?

July 2 - ?

July 9 - 38

July 16 - ?

## David Brainerd – Missionary to Native Americans



In answer to the question, "What can be done to revive the work of God where it has decayed?" John Wesley once said, "Let every preacher read carefully the life of David Brainerd."

David Brainerd was known as "The apostle to the Indians." He served as a missionary to native Americans from 1739 to 1747. After three years of study at Yale Divinity School, Brainerd followed his call and made his way to the Native Americans in Kaunaumeeek, New York – a particularly ferocious Native American tribe living in the dense forests of the "Forks of the Delaware."

He arrived near their camp late one evening and decided to spend the night in the woods before introducing himself the next morning. He didn't realize that several red men had been following him for hours. Once he was settled in the scouts made their way back to their camp and reported to the chief. That night, the Native Americans planned to kill this white man because, up until now, the white man had brought them nothing but grief. The warriors silently drew near Brainerd's camp and what they saw was an image they would see many more times in the coming years ... Brainerd was on his knees praying for them.

According to their report, while he prayed a rattlesnake squirmed up to him, lifted its head, flicks its forked tongue close to his face, and then, for no apparent reason, glided away into the darkness. This made the chief and the warriors nervous and instead of killing him they returned to their campsite. When the young missionary entered the Native American village early the next morning, he received a much more cordial welcome than he had anticipated. It wasn't until later that he learned of the strange events of the preceding night.

When the Native Americans gathered around him in an open place among the wigwams, he opened his Bible, read from the 53rd chapter of Isaiah and tenderly told the story of how God sent His Son to die on the cross that He might take away the sin from people's hearts and make them His children. This was a message and text the Native Americans would hear many more times and, from their first encounter, they warmly received Brainerd's message. Almost every page of Brainerd's diary tells how he "endured hardship as a good soldier of Jesus Christ." Brainerd sowed the gospel seeds and watered them with his prayers and tears. He chose to stand in the gap for the Native Americans. Brainerd's life is an inspiration and challenge to us all. So we ask, "How far will we go to show the love of Christ to others?"

-Pastor Flint



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

### Can Ice Cream Be Healthy?

The scoop on 'good for you' frozen treats



**M**ore "healthy" frozen treats are appearing in the supermarket freezer case. Some labels play up their low calorie and low sugar count. Others sport claims about protein or fiber. For people watching their cholesterol, blood sugar, or weight, these products can take some of the cons out of having a cone—if you choose carefully. We took a close look at the various categories.

#### LIGHT ICE CREAM

It has either at least 50 percent less fat or 33 percent fewer calories than a company's regular brand (or a competitor's).

**Pros:** It offers a significant savings in calories and fat. For example, Turkey Hill All Natural Vanilla Bean Ice Cream has 160 calories, 9 grams of fat, and 6 grams of saturated fat per half-cup. The same-size serving of the brand's light Vanilla Bean Ice Cream has 100 calories, 2 grams of fat, and 1½ grams of saturated fat.

**Cons:** Regular ice cream sometimes contains thickeners and gums such as carob

bean, guar, and xanthan gums. But light ice cream almost always does, because the additives give them a richer texture. (Some thickeners can cause digestive upset.) These products also usually have about the same amount of sugars as regular versions. And read labels carefully: Light premium ice cream can have almost as many calories as another brand's standard ice cream.

#### TREATS WITH 'BENEFITS'

These are lower-sugar light ice creams or frozen desserts made with water and whey protein. They carry claims about low calories or sugars, or high protein or fiber.

**Pros:** In vanilla flavors from Arctic Zero, Enlightened, and Halo Top, you get 35 to 60 calories, 0 to 2 grams of fat, and 3 to 5 grams of sugars per half-cup. **Cons:** Some have no more protein than regular ice cream (2 to 3 grams per half-cup). For example, Arctic Zero, which prominently notes protein on the carton lid, has just 3 grams in a half-cup. Enlightened has 6 grams, but that's about just one-third of what you get in 6 ounces of a nonfat Greek yogurt.

As for fiber, it's added in the form of

chicory root, guar fiber, or "prebiotic" fiber. "It's not clear whether added fiber has the same health benefits as fiber found naturally in foods," says Amy Keating R.D., a CR dietitian.

And don't fall for the marketing hype encouraging you to eat the whole pint. "Eating big portions can crowd out space for other healthier foods," Keating says. In addition, you can get up to 20 grams of fiber in one sitting, and that may cause bloating or diarrhea. The products also contain thickeners and stabilizers, and calorie-free sweeteners such as erythritol, monk-fruit concentrate, and stevia in addition to cane sugar. Erythritol and other sugar alcohols can cause stomach upset in some people, says Brie Turner-McGrievy, R.D., Ph.D., an assistant professor of health promotion, education, and behavior at the University of South Carolina in Columbia.

#### VEGAN 'ICE CREAMS'

These frozen desserts are made from almond, coconut, soy, or other plant milks, and sometimes pea protein.

**Pros:** They're a boon for vegans, who eat no animal products. And being dairy-free makes the desserts a benefit to people who suffer from lactose intolerance.

**Cons:** "Many of the new plant-based frozen treats are not necessarily lower in calories or total fat than ice cream," Turner-McGrievy says. "But since their fat comes from plants, they often are higher in the 'healthier' unsaturated fat." But the ones made with coconut have saturated-fat levels similar to ice cream. And they all contain gums and other additives.

### 3 Frozen Treats to Try

CR's food-tasting team says these ice-cream alternatives are a good bet. Nutrition information is for a half-cup.



**LIGHT**  
Dreyer's/Edy's  
Slow Churned  
Classic Vanilla

Calories: 100 | Fat 3 g | Saturated Fat 2 g | Sugars 13 g | Protein 3 g  
Good basic vanilla flavor; slightly custardy, but gummy.



**LOW-CALORIE**  
Halo Top  
Vanilla

Calories 60 | Fat 2 g | Saturated Fat 1 g | Sugars 4 g | Protein 5 g  
Hints of dairy flavor, with vanilla bean.



**VEGAN**  
Ben & Jerry's  
PB & Cookies  
Non-Dairy  
Frozen Dessert

Calories 290 | Fat 17 g | Saturated Fat 8 g | Sugars 22 g | Protein 4 g  
Big roasted peanut flavor; no dairy flavor.

# Notes

## 2017 SUNDAY GREETERS AT WELCOME CENTER

July 30 - Donna O'Neill

August 6 - Bev Nelson & Jacki Shattuck

August 13 - Marge Mirr & Vera Mathis

August 20 - Bob & Melba Moody

August 27 - David & Linda Luzadder

**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**

**June 25**                              **\$1,160.00**

**July 2**                                      **\$3,541.00**

**July 9**                                      **\$1,392.00**

**July 16**                                      **\$1,713.00**

## Why do we give to LOVE GIFT?



God's goodness compels us to give! We cannot love without giving. LOVE GIFT is our tangible response to God's Love. American Baptist women show their love and thankfulness for God's blessings through a simple offering called LOVE GIFT. From its beginning in 1931, American Baptist women chose to use their Love Gifts to support the total mission

outreach of American Baptist Churches USA.

Today LOVE GIFT continues to be part of the basic budget of American Baptist Churches. These expressions of love and thanks to God support the full range of American Baptist missions in this country and around the world.

We invite every person in the congregation to support LOVE GIFT.

## **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 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.

- Mulu Zerihoun, (Liver Cancer)
- Henry Faust (Nick's Friend)
- Kathy DeCap (cancer—Joe Johnson's sister)
- Bryce Orwig (10 year old with cancer)
- Bob Reynolds
- Bev Nelson and Family
- Marcella Smith
- Tim Schmidt
- Richard (Liver Cancer—Friend of Brent Nielsen)
- Jan Pupmeyer (Nancy Johnson's Friend, Pancreatic Cancer)

## 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, July 17, 2017**

<b>Pastoral:</b>	Pastor Flint Miller	<b>Financial Secretary:</b>	Paula Newell
<b>Human Resources:</b>	Terry Jarvis	<b>Education:</b>	Nancy Lee
<b>Moderator:</b>	Martin Newell	<b>Diaconate:</b>	Nancy Crawford
<b>Clerk:</b>	Mary Anderson	<b>Stewardship:</b>	Tim O' Neill
<b>Mission:</b>	Barbara Miller	<b>Worship &amp; Prayer:</b>	Cathy Jarvis
<b>Treasurer:</b>	Tom VanDeventer		

Pastor Flint opened the meeting with prayer.

**TREASURER:** The checkbook balance on 6/30/2017 was \$45,982.66. The total of all other funds was \$459,240.58 giving a fund's total of \$505,223.24. After deducting our budget deficit of \$76,969.61, the net funds value is \$428,253.63. As of 6/30/2017 we've spent \$106,412.39 from the budget of \$204,309.00 which is 52.08% of the budget. The checkbook consists of \$122,952.27 that is special designated money and a NEGATIVE \$76,969.61 that is budget money owed to the checkbook from savings due to underfunded budgets in prior years. During the 1st six months of 2017 the checkbook decreased \$3,780.28, savings increased \$9,699.91, budget deficit increased \$10,486.91, and our net funds value decreased \$4,567.28.

**EDUCATION:** Altogether 40 children attended Vacation Bible School and we had 21 volunteers. Nancy Lee and four of the kids are going to Churches United to give them the four blankets that were made at VBS. Twenty students, seven adults, and four youth leaders are planning to go to Springfield Camp on July 25th, 26th, and 27th. The theme will be "Protecting God's Creation" and they will be focusing on ecology. The kids want to work on recycling at church. The deadline for college scholarship applications is August 3rd.

**CHURCH CLERK:** As mentioned in last month's council meeting, our church's web site is in need of updates. Mary Anderson distributed to some council members copies of web site pages that need revisions made. At next month's meeting the revised pages will be collected and the web site will then be updated.

**STEWARDSHIP:** Tim O'Neill is looking for help from the council on how to balance our budget. This topic will be discussed at next month's meeting.

**PASTORAL:** Pastor Flint would like to see a small team formed to come up with a fellowship event to hold in September as a kick-off for the new season. Paula Newell, Barb Miller, and Cathy Jarvis volunteered to work with the pastor on this. A discussion was held regarding the possible need to hire someone to maintain our church yard – pulling weeds, trimming bushes, etc. to keep it looking attractive. This will be looked into further.

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

Respectfully submitted,  
Mary Anderson, Church Clerk

# Events

## FBC ANNUAL MISSION TRIP



MISSION TRIP TO  
**COSTA-RICA**

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 Asomobim 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.

## CHRISTMAS CHILD BOXES

This month school supplies are on sale, so it is a great time to start purchasing items for the Christmas Child Boxes, that will be sent in November.

Supplies have been coming in all year, and that is great. We will hope to pack close to 50 boxes again this year. Each child that receives a Christmas Box, will only receive one box in their lifetime.

School supplies, small toys, toothbrushes, small soaps, hard candy, wash clothes and small towels, cups, water bottles, etc. NO war toys, no candy that will melt, no toothpaste, no liquid. For older boys, fishing equipment - such as line and hooks, and for older girls, sewing kits. If shopping is difficult for you, monetary donations are accepted either to buy supplies or to cover postage to ship. Each box requires \$7.00 to ship.

Christmas Child Boxes are a project of the Mission Board, ABWM, and The Parish Nurses.

We all Thank You in Advance.



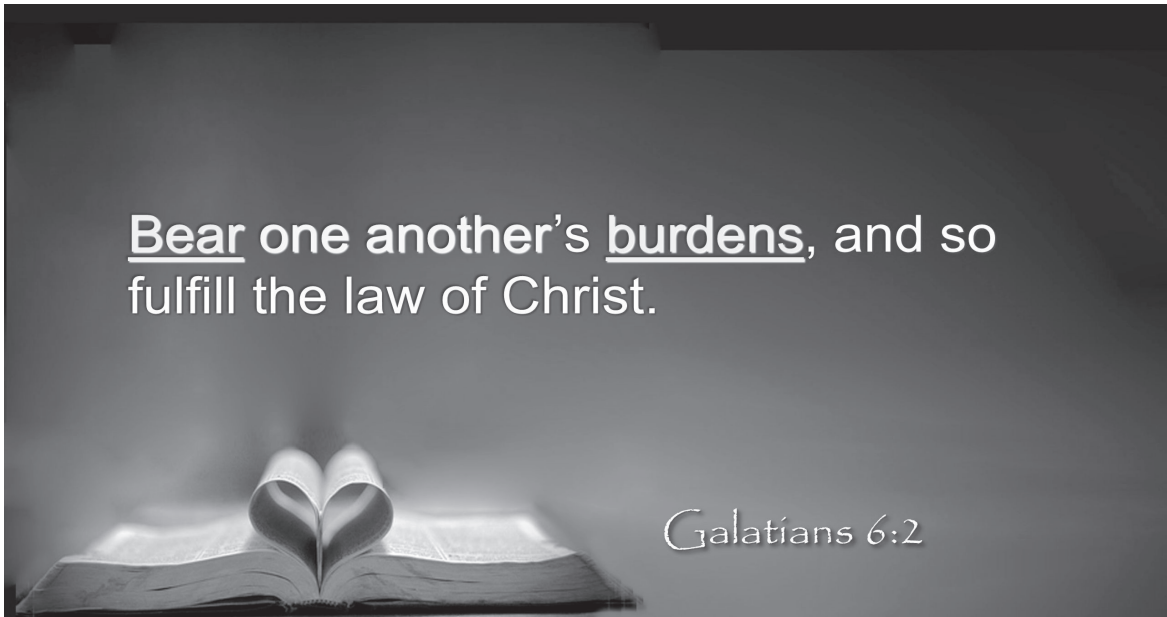
The Children's Camp at Lake Springfield is July 25th through the 27th.



The Diaper Depot on Saturday, July 15th, was a great success. We had a total of 8 recipients of diapers. Everyone had a wonderful time. We look forward to the next Depot, which is in September, most likely on the 16th. Thank you to all who helped make this happen.

# Building Relationships

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We need to cultivate the habit of bearing each other's burdens. Lend a hand by lifting a heavy load. Burdens are the over loads which we can lighten by building meaningful relationships with others in the church. How do we practically do that?

I read a story a few years ago about a family who found out that their un-born child had a rare disease that caused the baby to be born with out any eyes or a nose. There was just a large hole were those things were supposed to be. They brought the baby to the Pastor because the doctor's had told them that the baby would not live much longer. The family was handling the whole situation with the strength of God. They were not angry with God; they were not ready to give up their faith. And when the Pastor asked them about their strength they replied, "If it was not for the relationships that we had formed with our friends in our home cell group we could never have made it through this."

You see, they had built meaningful relationships with some people at the their church and they were there for each other. That's the kind of love and support that makes a difference. Let's be there for one another!

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Dr. Flint Miller

**Parish Nurses**

Sandy Claerhout Barb Miller

**Church Musician**

Jen Hays

**Administrative Assistant**

Brooke West

**Custodian**

Cathy McWade

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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**

August newsletter  
Deadline— August  
22nd

Mail— August 24th  
(one issue monthly)

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

**Easy Caramel Apple Trifle**

**Ingredients**

- 1 package spice cake mix, prepared according to box directions & cooled - broken into chunks
- 1 family size box of vanilla pudding prepared according to box directions
- 1 jar caramel sauce (Salted or unsalted is up to you)
- 1 family size container Cool Whip
- 2 cans apple pie filling

**Instructions**

Layer all the trifle ingredients in a bowl in this order - cake chunks, caramel sauce, vanilla pudding, apple pie filling, & cool whip. Repeat until trifle bowl is full. Top with cool whip & caramel sauce.