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

ATTENDANCE

Oct 15 - 56

Oct 22 - 79

Oct 29 - 69

Nov 5 - 74

Nov 12 - 73

Nov 19 - 75

Contagious Generosity



Which Christmas Story will you Remember?

Most are familiar with the Christmas story from the Gospel of Luke, chapter 2. Verse 8 speaks of the shepherds: "And there were in the same country shepherds abiding in the field, keeping watch over their flock by night" (Luke 2:8 KJV). Yet, for many the

following words are closer to their actual experience.

And there were in the same country children keeping watch over there stockings by the fireplace. And lo! And was said unto them `Fear not, for behold, I bring you good tidings of great joy that is for all people who can afford them.

For there will be given great feasts of turkey, dressing and cake; and many presents; and this shall be a sign unto you, ye shall find the presents, wrapped in bright paper, lying beneath a tree adorned with tinsel, colored balls and lights.

And suddenly, there will be with you a multitude of relatives and friends, praising you and saying, `thank you so much, it was just what I wanted' And it shall come to pass as the friends and relatives have gone their away to their own homes, the parents shall say to one another, What a mess to clean up! I'm tired, let's go to bed and pick it up tomorrow. Thank goodness, Christmas only comes once a year!' And they go with haste to their cold bed and find their desired rest."

How will you keep Christmas this year? We are used to the shopping, the parties, the food, family and gifts. But how will we keep Christ at the center of Christmas. After all, it is His birthday. Without Christ there would be no Christmas! Perhaps one way to keep Christ in Christmas is by sharing His love with others and by remembering His story. Just as the angel declared, "and you shall call his name Jesus: for he shall save his people from their sins" (Matthew 1:21 KJV). Christmas – which story will you remember?



Pastor Flint



NOTES FROM YOUR PARISH NURSE BARB MILLER



Controlling Blood Pressure with fewer side effects

Lower doses of a combination of drugs may be effective

Approximately one in three Americans has high blood pressure, but only about half of those who do have the conditions under control. One common reason: they stop taking their medications, often because of troublesome side effects such as weakness, fatigue, or a dry cough. However, taking smaller doses of several different blood pressure drugs may be a good way to address these issues, a new analysis suggests.

Researchers pooled findings from 42 studies involving more than 20,000 people with high blood pressure. All had been randomly assigned to take a placebo or one or more blood pressure drugs in varying combinations and dosages. (For American Heart Association's list of common blood pressure drugs, including their possible side effects, see www.health.harvard.edu/heart-meds/blood-pressure).

Researchers found that taking a quarter-dose of a two-drug combination was just as effective at lowering blood pressure as taking a full dose of one drug. Taking a quarter-dose of a four-drug combination was even more effective (although it's important to note that this finding came from a single, small trial). People who took smaller doses of multiple drugs had fewer side effects than those taking a single drug at the full dose. In fact, their side effects were similar to those of people who took placebo. The study was published in the July 2017 issue of Hypertension.

A TREND TOWARD LOWER TARGETS

Finding safe, effective ways to manage blood pressure has been a matter of growing interest. "nowadays, there's a trend to control blood pressure more aggressively than in the past," says Dr. C. Michael Gibson, professor of medicine at Harvard Medical School and an interventional cardiologist at Beth Israel Deaconess Medical Center. Although the current official guidelines recommend a blood pressure target of 140/90 for most people, a goal of 120/80 appears to be even more effective for preventing heart attacks, strokes and death from heart disease.

COMMON SIDE EFFECTS

But reaching that lower goal leaves people more prone to side effects - especially fatigue, dizziness, and fainting., which can occur when blood pressure dips too low, says Dr. Gibson. Also, each class of blood pressure medication has its own side effects. For instance, some diuretics can cause excessive urination, although this usually improves after a few weeks. However, other side effects - such as erectile dysfunction from beta blockers, leg swelling from certain calcium-channel blockers, and cough from ACE inhibitors - tend to persist. When these occur, doctors often switch the person to a different class of blood pressure drug.

More often than not, people require more than one drug to lower their blood pressure into a healthy range. And doctors have long known that it's more effective to add a second medication rather than raise the dose of the first one. Taking a quarter-dose of three or four different medications looks like a promising strategy, but it needs to be tested in a larger, randomized trial, says Dr. Gibson.

Also, there are some possible pitfalls with this approach, he notes - including the fact that in general, the more pills you have to take, the less likely you to take all of them. And people with other health problems, such as kidney disease, cannot take certain classes of blood pressure drugs. Finally, while there are a number of two-drug combinations currently on the market, the available doses usually reflect those studies in previous trials, which tend to be high. As a result, low-dose options are limited.

CHECK WITH YOUR DOCTOR

Of course, people can use a pill splitter to divide most of these pills into halves or quarters, but don't do this on your own, cautions Dr. Gibson. This is especially important for people who have heart disease, because blood pressure medications are the cornerstone therapy for treating many heart conditions, including heart rhythm disorders (such as atrial fibrillation) and heart failure. Research showing the value of these therapies used full doses of the drugs, making the low doses in the multiple drug regimen of uncertain value.

But if you don't have heart disease, it's worth asking your doctor about the possibility of lowering your blood pressure medication dose. "Ideally, people would be prescribed the lowest effective dose of any medication they take," says Dr. Gibson. During any routine office visit, be sure you to review all your current medications with your physician and discuss any side effects you are experiencing.

Notes

2017 SUNDAY GREETERS AT WELCOME CENTER

December 3- Joe and Nancy Johnson
 December 10 - Bob/Melba Moody

December 17 - Glenda Bunton and Willie Newenham

December 24 - Nancy Crawford and Nick Maess

December 31 - Bev Nelson and Jackie Shattuck

**IF YOU HAVE ANY QUESTIONS OR NEED TO CHANGE THE TIME OR DATE, PLEASE
 CALL JOANN PARMLEY (309) 762-8592**

DIAPER DEPOT

WEEKLY BUDGET NEED

FOR 2017 \$3,929.02

October 22 \$1154.00

October 29 \$2805.00

November 5 \$4368.00

November 12 \$2580.00

November 19 \$1083.00

One year ago, this month, our church began an outreach ministry to the community. Our church wanted to “connect” to the people outside of our church. Pastor Flint presented the visions, a group of about 16 - 20 people gathered in the Judson Classroom to discuss and organize. Nancy Crawford stepped up to be the coordinator and the funds were provided for the purchase of diapers. The ministry has been continuously covered in prayer.

Of course, the biggest challenge has been to discover the ways to “PR” the ministry. We have taken fliers around in many places frequented by people who might need emergency diapers. We have put it in the newspaper, on our digital sign, Pastor Flint ordered a sandwich board sign to put on the corner of the Avenue every time we have Diaper Depot. We have it on Facebook (thanks to Paula Newell) and our church website.

Each person who wished to be a part of this ministry has done their part to contribute. We started last November with three people who came for diapers and every other month, we eagerly show up, set up and pray. For the past year we continued to have on the average of 5 - 8 people come by for diapers. We have them register so we can mail a postcard as a reminder and know their names. We extend God’s love and bless them as they leave.

Two months ago, we were discussing whether or not to continue this ministry after only three people participated.

This month, the story became amazing! We kept praying for God’s guidance and blessing and “casting our nets”, and guess what? Seventy-five people continuously poured into the church from 9:20 until noon. We even ran out of diapers! Deb and David went to Aldis at 11:15 to buy more diapers!! We ran out again at noon.

God surprised us with a miracle and is teaching us spiritual lessons. It is heart warming to meet young mothers, grandmothers who are raising children, bright eyed children and young babies. Several took bibles, pamphlets about our church and other resources we have on hand.

Finally, we discovered that people are spreading the news by word of mouth and an unknown person put it on “Pay It Forward” for the Quad Cities. We had people from Davenport, Bettendorf, Geneseo, Aledo along with the Moline and Rock Island areas. It was beautiful to see the faces of so many diverse people and see Jesus in them .

Thank you to our amazing God, Jesus and the Holy Spirit who works and moves in mysterious ways! First Baptist Church had an extra Thanksgiving Blessing this November.

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.

Jim Anderson
Marilyn Anderson
Richard Bunton
Katy Dodd
Cathy McGill
O'Neill Family
Parmley Family
Pierce Family
Mulu Zerihoun (Liver Cancer)
Disaster Victims and their families



GREETINGS FROM YOUR EDITOR

Let's continue to remember everyone who needs prayer. One is Mulu Zerihoun who is second on the list for a transplant. Another is Selma, Arabi. Her country, Syria, is in turmoil. At one time, she operated the Moline Public Library coffee shop and we became friends.

Here's a quote found on a pillow in a gift catalog: "We'll be friends 'til we're old and senile...then we'll be new friends!"

We certainly have been having some unusual weather. God is joking with us!

Blessings to all...Barbara

A Note from
Barb Chaney

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 (Amber Ridge)
Richard Bunton (Amber Ridge)
Mary Ann Schmidt (Heartland)

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, November 20, 2017

Pastoral:	Pastor Flint Miller	Financial Secretary:	Paula Newell
Human Resources:	Terry Jarvis	Education:	Nancy Lee
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 10/31/2017 was \$58,338.20. Petty cash total was \$300.00. The total of all other funds was \$423,074.05 giving a fund's total of \$481,712.05. After deducting our budget deficit of \$54,607.03, the net funds value is \$427,105.22. As of 10/31/2017 we've spent \$163,491.95 from the budget of \$204,309.00 which is 80.02% of the budget. The checkbook consists of \$112,945.23 that is special designated money and a NEGATIVE \$54,607.03 that is budget money owed to the checkbook from savings due to underfunded budgets in prior years. During the 1st ten months of 2017 the checkbook increased \$8,575.26, savings decreased \$26,466.62, budget deficit decreased \$11,875.67, and our net funds value decreased \$6,015.69.

FINANCIAL SECRETARY: Paula Newell reported that \$109,749.46 in pledges have been received.

2018 BUDGET: The budget for 2018 was reviewed by the council and a few revisions were made. Terry Jarvis made a motion to increase the pastor's salary by \$600 per year (\$50 per month) for 2018. The motion was seconded by Nancy Crawford. A vote was taken by all members present excluding the pastor, and the motion passed unanimously. Terry Jarvis moved that the council accept the 2018 proposed budget with the revisions. Nancy Crawford seconded, and the motion passed unanimously. The proposed budget will now go to the congregation at the annual meeting in January.

SOUND SYSTEM: The speakers for our sound system are not working. The speakers are not receiving power from the amplifier. Cathy Jarvis is leading the effort to correct the problem. She contacted Steve Parmley who will investigate whether we need new amplifiers or if they can be repaired. Cathy Jarvis also mentioned that some of the microphones are not working either.

FELLOWSHIP: Terry Jarvis proposed we show three movies during the summer months for the congregation. After the movies we could have discussion and dessert. The emphasis would be for fellowship rather than for outreach.

CHRISTMAS EVE: This year Christmas Eve falls on a Sunday. Pastor Flint asked the council for their opinion as to whether we should have two services that day – the morning service and the traditional Christmas Eve service. The council agreed that the church should hold both services.

BAPTISM: Pastor Flint will conduct the baptism of Henry Glaus sometime in December.

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

Respectfully submitted,

Mary Anderson, Church Clerk

Notices

Corrections to the Phone Directory

Yes, already



David & Linda Luzadder- Email: davidluzadder@gmail.com

Tim O'Neill - email on page 3: onetim64@yahoo.com (remove 'e')

Jan Sullivan - Add her Apartment number: #10106

Bert /Becky Hinton: Their name has not changed. There is still an 'H' at the beginning of their last name.

*The following members' phone numbers are in the Phone Directory, but have been found to be disconnected. If you know of any **updated** numbers, please notify the church office by phone or email.*

Durbin, Jim & Denise

Dyer, Linda

Dykeman, Helen

Ewers, Dennis & Theresa

McDonough, Melissa

Pierce, Kevin

OPPORTUNITIES

POINSETTIAS - If you would like to honor a loved one's memory, or simply honor someone you respect, you can help us decorate the Sanctuary for Christmas with Poinsettias. The cost is \$8.00. See Dorose Harrington or JoAnn Parmley with questions.

CALENDARS - Talk to Willie Phillis if you would like a calendar for 2018. The cost is \$7.00 and the profits will go to the missions.

SAVE THE DATE



Our next Blood Drive with Calvary Lutheran Church is scheduled for Tuesday, January 16, 2018 from 3:00 p.m. - 6:30 p.m. The drive will be held in our own Fellowship Hall. In order to be eligible to donate, your last donation date has to be prior to November 21, 2017.

RICHARD N PIERCE



The members of First Baptist Church would like to offer our sympathies to the family of Richard Pierce, who passed away on Wednesday, November 8, 2017. He married Janice Ann Tueckes on June 25, 1960, in Davenport, Iowa. Janice preceded him in death on January 10, 2010. Dick is survived by his children Kevin and Carolyn. Dick had three main passions: his church, his music, and his Masonic fraternity. He was a lifelong faithful member of First Baptist Church in Moline. He was active in Quad City Music Guild for 25 years. Services were held on November 13, 2017 at the Horizon Room at Trimble Funeral Home at Trimble Pointe. The service included a Masonic Service and the funeral service officiated by Pastor Flint Miller. Richard was interned at Memorial Park.

Notices - Con't

CHRISTMAS CAROLING DATES & TIMES (HY- VEE on Avenue of the Cities, Moline)

SATURDAY, DECEMBER 9 2:00- 4:00 pm
 SATURDAY, DECEMBER 16 4:00 - 6:00 pm

Everyone is welcome to participate. You do not need to be a member of the choir to participate. What a statement we can make to the community, while at the same time supporting our community.

Please contact Nancy Crawford if you have any questions.

Advent Season Events

December 3 - 1st Sunday of Advent, Hanging of the Greens

December 10 - 2nd Sunday of Advent
 Communion Sunday

December 15 - FBC Staff Christmas Party

December 17 - 3rd Sunday of Advent
 9:00 am Children's Christmas Program, Fellowship Hall

December 24 - 4th Sunday of Advent
 5:00 pm Christmas Eve Candlelight Service

FINANCIAL NEWS!!!

The end of the year is FAST approaching and we need your help. If possible, please have your 2017 pledges submitted by December 15th. It will help us tremendously with the bookkeeping.

Also, if you need your total pledge to be shown on your year end statement for tax purposes, your current pledge will need to be fulfilled before the end of the year. We need enough business days to deposit the pledge checks and credited to the church account before 2018. If any portion of the 2017 pledge is paid in 2018, it will show on your 2018 statement instead. Thank you very much for considering this matter.

Respectfully,

Paula Newell, Financial Secretary
 Tom Van Deventer, Church Treasurer

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 Nurse

Barb Miller

Church Musician

Jen Hays

Administrative Assistant

Connie Morris

Custodian

Cathy McWade

First Baptist Church
1901 - 29th Street
Moline, IL 61265

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Barb Chaney, Editor
Connie Morris, Publisher

2017 Theme

Building Relationships
Inside and Outside 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

December newsletter

Deadline - Tuesday,
Nov. 19th

Mail - Thursday, December 21st
(one issue monthly)

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

Holiday Weeks Hours and Deadlines

December 22, 2017 - January 2 2018

December 25 - January 1: Pastor Flint out of the office
December 22 - January 1: Adm. Asst., Connie Morris out of
the office
December 25: Office Closed
December 26 - 29: Office will have volunteers to
answer phones
January 1: Office Closed

DEADLINES/SCHEDULE

December 19: December Newsletter
December 20: Deadline for **BOTH** December 24 and
December 31 bulletins