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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

Nov 26 - 89

Dec 3 - 67

Dec 10 - 66

Dec 17 - ??

Choosing to Serve at Christmas



As you may know Senator John McCain of Arizona was a prisoner of war during the Vietnam conflict. He was shot down and held as a prisoner of war in Hanoi for 5 ½ years, 1967-1973, spending much of it in solitary confinement. John McCain said this, “When I was being mistreated by the North Vietnamese, many times I found myself asking to live just one more minute rather than one more hour or one more day. And I know I was able to hang on longer as a prisoner of war

because of the spiritual help that I received through prayer. “

“At Christmas, I was the room chaplain, not because of my excessive virtue, but because I knew all the prayers that went with a church service, since I had been in a boarding school and was an Episcopalian. We asked for a Bible, and the Vietnamese said they didn’t have any. Later we learned that thousands of Bibles had been sent to us. Four days before Christmas, I was told that I could copy prayers and stories from the only Bible the Vietnamese had available. Our service consisted of a biblical passage read by me, followed by an appropriate song by the choir. I talked about the birth of Christ and the choir sang, “Silent Night”. I looked around the room and there were tears in those men’s eyes. They weren’t tears of anger or fright or sorrow or bitterness or even longing for home. They were tears of joy that, for the first time in seven years for some of them, there was a celebration of Christmas together as Americans.”

As you may know, John McCain is in a valiant fight against brain cancer. Even still, he continues to seek to serve however he is able. The story above reminds us of what truly matters in life – faith, honor, devotion and service. These are values we can seek to live no matter who we are and regardless of our station in life. At Christmas we remember the one who made the ultimate sacrifice and is the ultimate model of servanthood. As the Apostle Paul writes in Philippians 2:5-11 (NLT),

⁵You must have the same attitude that Christ Jesus had.

⁶Though he was God,
he did not think of equality with God
as something to cling to.

⁷Instead, he gave up his divine privileges;
he took the humble position of a slave
and was born as a human being.

When he appeared in human form,



NOTES FROM YOUR PARISH NURSE BARB MILLER



DON'T JUST SIT THERE, MOVE MORE!

On average, we spend more than half of our waking hours sitting down: working at a computer, watching television, traveling in a car, or doing other sedentary things such as reading or chatting with friends. But long stretches of uninterrupted sitting have a range of undesirable effects that may harm your heart., says Dr. Beth Frates, who directs wellness programming for the Stroke Research and Recovery Institute of Harvard-affiliated Spaulding Rehabilitation Hospital.

“Sedentary behavior affects your body in many different ways, even down to the molecular level,” she notes.

RAISING HEART RISKS

In recent years, research has shown that compared with people who move more through-out the day, those who sit for long stretches of time tend to have higher levels of markers linked to heart disease risk.

For example, they have bigger bellies, higher levels of triglycerides (the most common type of fat in the blood), and trouble controlling their blood sugar. When you sit for long periods without moving your muscles, those tissues become less sensitive to insulin, the hormone that regulate blood sugar. This so-called insulin resistance raises your risk for type 2 diabetes, which is closely linked to heart disease.

In fact, compared with people who spent less time sitting, those who sat for prolonged periods had higher rates of heart disease and were more likely to die sooner regardless of cause, even if they exercised regularly. That’s according to a 2015 review article that pooled data from 47 studies that looked at people’s active time, including everything from leisure activities to vigorous exercise. “Even if you exercise for an hour a day, you’re still at higher risk for heart disease if you’re sitting for eight hours every day,” says Dr. Frates.

SNACKING, STRESS, AND STIFFNESS

The danger may arise in part from other habits linked to excessive sitting. If you binge watching TV, for instance, you may be tempted to munch on sweet, salty, fatty snacks, making you more prone to gain weight, say Dr. Frates. Surveys suggest that the typical office worker sits for at least 10 hours a day. Spending long, uninterrupted hours in front of a computer screen can create tension in your neck and shoulders. This physical stress may trigger mental stress, thereby raising blood pressure and, in turn, risk of heart disease. Sitting a lot also tends to cause stiffness in your hip flexors, the muscles at the top of the leg where the thigh meets the pelvis. Inflexible hip flexors (especially if you’re older) can leave you more vulnerable to falls and injuries—and therefore unable to exercise at all.

TAKE A STAND

The good news is that several small studies show that standing more (or getting up moving around periodically) may modestly improve insulin resistance, triglyceride and cholesterol levels, and even blood pressure. In 2015, an international group of experts published a health guidance statement recommending that office workers in the United Kingdom stand or do light activity such as walking) for two to four hours per day. That’s probably a good idea for all of us, even those who don’t do full time office work, notes Dr. Frates.

Anyone who spends long hours at a computer should consider getting a standing desk to use for a couple of hours a day, she says. There’s no need to buy a fancy one; you can purchase a portable, fold-up model that sits on top of your regular desk. Designate set times to stand each day - perhaps one hour in the morning and another in the afternoon.

Other simple approaches to encourage more movement include a portable pedaling device which you pedal with your legs or arms while sitting, or sitting on an exercise ball. Dr. Frates also encourages her patients to revisit low-impact activities they enjoyed when they were younger, like dancing or playing Ping-Pong. “One 74-year old woman I was working with got me into hula-hooping,” says Dr. Frates. “think outside the box, and try different ways to move more throughout your day.”

Here are five additional suggestions to reduce your sitting time:

(1) set a timer out of arm’s reach—Using your smartphone or a regular kitchen timer, set an alarm to go off every 60 minutes during the day when you tend to sit for long periods of time.

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
- * Richard Bunton
- * Lofgren Family
- * Cathy McGill (Dave's brother)
- * McWade Family
- * Maddie Rodell (Julie and Gary's granddaughter)
- * Mellisa Walling (Marilyn Anderson's granddaughter)
- * Mary Zahnley
- * Mulu Zerihoun (Liver Cancer)
- * Disaster Victims and their families
- * Merle Brown
- * Dodds Family
- * Bill Luzadder



GREETINGS FROM YOUR EDITOR

Holiday Greetings! This is being written sometime between Thanksgiving and Christmas. So much to be thankful for! I'm so thankful for the saving grace of Christ, for all of you, for a warm place to live, plenty of food, etc., etc. All I can say is, "God is good". Remember those who will be alone and show them God's love. Paul Irwin used to say that all you need to know about faith is GOD IS LOVE!

I hope you are enjoying our Sanctuary after the Hanging of the Green. It is so beautiful.

It's wonderful to know that Henry has accepted Christ as his Savior and was baptized on December 17th. He and his mother have gone through many difficult times.

Wishing You All the Blessings of the Holidays.
Barbara Chaney

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

Notes

2017 / 2018 SUNDAY GREETERS AT WELCOME CENTER

December 24 - Nancy Crawford and Nick Maess

December 31 - Bev Nelson and Jackie Shattuck

January 7 - David and Linda Luzadder

January 14 - Marge Mirr and Vera Mathis

January 21 - Joe and Nancy Johnson

January 28 - Bob and Melba Moody

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

WEEKLY BUDGET NEED

FOR 2017 \$3,929.02

November 26 \$1252.25

December 3 \$4220.00

December 10 \$7670.00

December 17 \$5807.00



Walter 'Wally' Lofgren

Walter Lofgren passed away on Saturday, December 2, 2017. He married Shirley Johnson on January 11, 1952 in Moline. Wally is survived by Shirley and their sons, Michael (Denise), Jeff (Sharan), Steve (Cindy), Chris (Kathy), and Matt (Maria) along with several grandchildren and great grandchildren. Wally worked as an accountant for Deere & Co. and taught Accounting classes at both the American Institute of Commerce and Black Hawk College. He was a lifetime member of First Baptist Church, along with Accountants Association of Iowa and S.C.O.R.E. Wally was also active in Boy Scouts and the Accreditation Council for Accounting and Taxation. He was a caregiver for his mother, brother and sister and had a true servant's heart. Wally's services were held on Friday, December 8th and he is interred at the National Cemetery at the Rock Island Arsenal.

F. 'Katie' Dodds



Katie Dodds passed away on Monday, December 4, 2017. Katie married Clyde Dodds on May 8, 1943 in Davenport, IA. She is survived by her daughter, Jackie Debowski and daughter-in-law Sandy along with a brother and three sisters. Katie was a member of First Baptist Church, Women's Auxiliary VFW Post 8890, Elk's Lodge and the Moose Lodge. Katie and Clyde fostered numerous girls in the 1970's. She enjoyed sewing, gardening, camping, and Bingo. But, most especially she loved her family and friends. Katy's services were held Saturday, December 9, 2017 and is interred at Rose Lawn Memorial Estate.

DIAPER DEPOT

When: Saturday, January 20th 10:00 - Noon

Needs: Diapers, wipes, donations to purchase items, VOLUNTEERS



In November 2017 we had an overwhelming number of people in need of diapers.

We are now mailing newsletters to these people as Community Outreach. We are also sending reminders to these people that we are holding another Diaper Depot. So we are expecting another good turnout. This means we will be in great need of supplies, monetary donations and volunteers.

Please consider helping us with this ministry.

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: As of 11/30/2017 we've spent \$177,589.18 from the budget of \$204,309.00 which is 86.92% of the budget. Budget income YTD is \$184,650.87 which is 90.38% of the budget. There is a 2017 budget surplus of \$7,061.99 (because we moved \$40,539.80 into the budget from Savings) and when combined with the prior years' budget deficit of \$66,482.70 results in a cumulative budget deficit of \$59,421.01. The checkbook balance on 11/30/2017 was \$37,578.53. Petty cash total was \$300.00. The total of all other funds was \$423,074.05 giving a fund's total of \$460,952.58. The checkbook consists of \$96,999.54 that is special designated money and a NEGATIVE \$59,421.01 that is budget money owed to the checkbook from savings due to underfunded budgets in current and prior years. YTD the checkbook decreased \$12,184.41, savings decreased \$26,466.62, funds total decreased \$38,651.03 and the budget deficit decreased \$7,061.69.

DIACONATE: Communion procedures and policies were discussed. More volunteers are needed to help set up for communion on a rotating basis. It was noted that no one has been serving communion to shut-ins for quite some time, so Nancy Crawford will coordinate getting volunteers. Pastor Flint is doing this during the month of December as usual. Also, a discussion was held on whether or not to place an ad in the newspaper advertising our church. No decision was made at this time, but the council will consider this again in the future.

WORSHIP & PRAYER: Cathy Jarvis reported that the sound system is working now, and the organ and the pianos in the sanctuary and the choir room have been tuned.

MODERATOR: A discussion was started regarding security in our church. To be proactive, a disaster plan is needed for tornadoes, fires, and other hazards including any breaches of security. More discussion on this topic will be held in the future. There are brochures available to pick up at our Welcome Desk from the East Moline Police Department on how to keep our churches safe.

After a prayer by Pastor Flint, the meeting was adjourned.
Respectfully submitted,
Mary Anderson, Church Clerk

Choosing to Serve at Christmas - from page 1

- ⁸ he humbled himself in obedience to God and died a criminal's death on a cross.
- ⁹ Therefore, God elevated him to the place of highest honor and gave him the name above all other names,
- ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,
- ¹¹ and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.

Praise our Heavenly Father for his indescribably great gift at Christmas!

Pastor Flint

Notices

Christmas Child Boxes THANK YOU!

Thank you to all who participated in our Christmas Child Boxes this year. Maybe you donated items for the boxes, or you helped monetarily with postage, or helped with packing and putting boxes together. It was all needed and appreciated. THANK YOU ALL. We packed 48 boxes and they were delivered by Pastor Flint to the local collection place. Then off to a national collection area in Minnesota, then to ships that take them around the world, to destinations where they can make each child feel special. Over 11 million boxes will be delivered to boys and girls in 109 countries. Each child who receives a box will be invited to participate in The Greatest Journey, a 12 week lesson program that teaches them how to follow Christ and share Him with their family and friends. Each of you who participated become a part of that program.



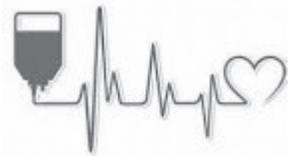
Walk to Ethiopia

The Walk to Ethiopia has finished and we are 1400 miles closer. We still have a way to go, so we may walk twice next year, in the spring and again in the fall. We had 19 sign up and 17 completed the walk. Our BIG winner is Pastor Flint Miller with 174 miles in five weeks, followed by Tom VanDeventer with 143 miles. Congratulations to all who participated by walking, and getting out of your chairs to improve your health. Continue to walk, even if you don't track it. Show yourself that it can be done!! Following is the distance of the walkers who participated.

| | | |
|--------------------------|-----------------------------|---------------------------|
| Flint Miller - 174 miles | Tom VanDeventer - 143 miles | Connie Morris - 126 miles |
| Joe Johnson - 101 miles | Paula Newell - 96 miles | Nancy Johnson - 93 miles |
| Barb Miller - 80 miles | Melba Moody - 69 miles | David Luzadder - 61 miles |
| Mary Anderson - 55 miles | Deb Miller - 54 miles | Terry Jarvis - 50 miles |
| Sharon Farral - 50 miles | Glenda Bunton - 45 miles | Ann Watkins - 30 miles |
| JoAnn Parmley - 28 miles | Nancy Crawford - 21 miles | |

BLOOD DRIVE !!

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 had to be prior to **November 21, 2017**.



Don't Just Sit from page 2. **(2)** Pace or tidy up during phone calls. Whenever you are on the phone, stand up. Try to walk back and forth or in circles while you talk. Or use a hands-free headset and straighten up your office or do light housework while you chat. **(3)** Move a little while you watch TV. According to a recent Nielsen report, the average American watches five hours of television a day, and that amount increases as people age. Use the two - three minute commercial breaks while you are watching TV to stand up. March in place, swing your arms, or do some squats or leg lifts. **(4)** Catch up with friends while walking. Social visits often tend to be sedentary, so instead of meeting a friend for coffee or lunch, take a walk instead. **(5)** Take the long way. Whenever you drive somewhere, park in a spot farther from the door to get in some extra steps.

Notices - Con't

Willie Phillis 80th Birthday Celebration

Join us on Saturday, January 6, 2018 to celebrate Willie's 80th birthday. We will celebrate at "The Fountains" Senior Living Facility: 3752 Thunder Ridge Road, Bettendorf, IA. from 2:00 - 4:00 p.m. Everyone is invited. Please R.S.V.P. to Rhonda DeBoard (617) 517-1160 no later than **December 26th**. No gifts please. Cards only.



Please remember LOVE GIFT Sunday is December 31. After the Christmas season it is only fitting that we should take up a LOVE GIFT offering. Christmas is an opportunity to give an extra gift to God. This is my Love Gift to the Christ Child: MY Love Gift will:

- help bind up the brokenhearted
- help replace hate with Christ forgiving love
- help missionaries introduce people to the love of God
- help provide me with a sense of doing my part in these mission endeavors.
- help train nurses and doctors and to teach others to be pastors and teachers.

Jesus was the King of Kings, a preacher and teacher, and a healer of bodies and souls. Our LOVE GIFTS help carry out the mission and ministry of Jesus Christ.



Our American Baptist Women's Ministries will be having its first meeting of the new year January 8, 2018 at 9:30 am in the GA room. Our hostesses will be Barbara Miller and Glenda Bunton, Devotions led by Cathy Jarvis and the leader will be Beverly Nelson. Our own Debbie Miller will present the program. She will talk to us about her work as chaplain in the hospitals and working with the missionaries. Coffee and refreshments will be served. Everyone is welcome and encouraged to come. See you all there.

FINANCIAL NEWS!!!

The end of the year is just around the corner and we need your help. Your 2017 pledges should already be submitted. We thank you as this will help us tremendously with the bookkeeping.

More importantly, If you need your current 2017 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 December. We will need enough business days to deposit any pledge checks and have them credited to the church account **BEFORE** December 29, 2017. 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.

Wayne McWade



Wayne McWade passed away on Thursday, December 7, 2017. There will be a benefit held on January, 20, 2018 at the Colona American Legion from 2:00—8:00 pm. Dinner tickets for \$5 are available for purchase at the Legion, BJ's Gas and Liquor, or available at the door. There will be a 50/50 drawing, Basket Raffle, and baked goods for sale. All proceeds will go to the family for Medical and Funeral expenses.

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

2018

January Newsletter

Deadline - January 16th

Mail - January 18th

(one issue monthly)

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

Holiday Week Hours

December 22, 2017 -

January 1, 2018

December 22 - January 1:
Adm. Asst., Connie Morris
out of the office

December 25: Office Closed

December 26 - 29: Volunteers
will answer phones

January 1: Office Closed

