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Sticky Churches



Wouldn't you love it if everyone who connected with your church showed up every week? Some churches could not handle the crowd. But most church leaders would like to have that problem. Church growth specialist, Thomas Rainer, shares insights about how to create "sticky" churches.

Thanks to the excellent work of Pew Research <<http://www.pewforum.org/religious-landscape-study/>>, we now have some clear reasons why some churches have members who attend much more frequently than other churches. In other words, we have a clearer picture of what a sticky church looks like.

Pew Research began a series of studies of the behavioral patterns of church attenders and non-attenders in 2014 by interviewing more than 35,000 adults. They now have a total of four reports, one of the most massive studies of the church landscape in America ever conducted.

In this report on the study, we want to answer the question: "What factors cause church members to attend more frequently?" Respondents could only provide one response. Here is a summary of the six major reasons they gave:

1. The church members grew as disciples (49%). So here is the "shocking" news. If we intentionally lead our members to become closer followers of Christ, they will attend with greater frequency. Though the respondents answered with a variety of descriptions (became more religious, need God more, more mature, etc.) nearly half of those surveyed indicated that following Christ more closely gives them a greater desire to attend church.

2 Changes in life issues (19%). We know that major changes in people's lives can lead them to greater dependence on God and, thus, attendance in the church. But are we intentionally reaching out to those members who are struggling with family issues, financial issues, or grief? It's a major sticky issue.

3. Scheduling and time (10%). One in ten attenders will come to church more frequently if they have greater freedom in their schedules. Some churches have grasped this reality and are providing worship options, for example, for those who must work on Sundays.

4. Habit/discipline (6%). The responses are no longer in double digits at this point, but they are important. Someone who develops the discipline of going to church is likely to become more active. He or she makes church attendance a priority.

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

(please note, this is only the 10:00 am service)

- Jan 21 - 45
- Jan 28 - 39
- Feb 4 - 42
- Feb 11 - 28
- Feb 18 - 46



NOTES FROM YOUR PARISH NURSE BARB MILLER



Exercise and Physical Activity Getting Fit for Life

Staying active can help you:

- ◆ Keep and improve your strength so you can stay independent.
- ◆ Have more energy to do the things you want to do.
- ◆ Improve your balance
- ◆ Prevent or delay some diseases like heart disease, diabetes, and osteoporosis
- ◆ Perk up your mood and reduce depression

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to be Active

To get all of the benefits of physical activity, try all four types of exercise : (1) endurance, (2) strength, (3) balance, and (4) flexibility.

Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an **endurance** activity because it builds your energy or "staying power". You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine.

How hard do you need to push yourself? If you can talk without trouble at all, you are not working hard enough. If you can't talk at all, it's too hard.

Keep using your muscles. **Strength** exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren, and you can walk in the park. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.

Do things to help your **balance**. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot in from to the toes of your other foot. Your heel and toes should touch or almost touch.

Stretching can improve your **flexibility**. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Con't on page 4

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.

- * Gary Finch (Carol Lear's daughter's Father-in-Law)
- * Joe Johnson
- * Lofgren Family
- * McWade Family
- * Griffin Miller (Nick Maes' friend)
- * Robert Quinones Family (Nick Maes' friend)
- * Chelsea Rhodes (Joe & Nancy Johnson's granddaughter)
- * Maddy Rodell (Julie and Gary's granddaughter)
- * Mulu Zerihoun (Liver Cancer)
- * Disaster Victims and their families



I was at Connie's church the other day and there on the wall was a large Rosary made of pool noodles.

What a great metaphor. It reminds me that when I feel I'm in too deep or I'm drowning in troubles, there is always prayer to help.

-Nancy Crawford



PLEASE PRAY FOR OUR EXTENDED FAMILY

Patricia Ostrand (The Fountain)
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
Michael Morris	

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

February 25 - Marge Mirr and Vera Mathis

March 4 - Joe and Nancy Johnson

March 11 - David and Linda Luzadder

March 18 - Glenda Bunton and Willie Newenham

March 25 - 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**

WEEKLY BUDGET NEED

FOR 2018 \$3,997.40

January 21 \$5,563.00

January 28 \$ 435.00

February 4 \$6,064.00

February 11 \$ 273.00

February 18 \$1,045.00

Con't from page 2 Exercise and Physical Activity

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For most older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity.

Safety Tips

- * Start slowly, especially if you have not been active for some time
- * Don't hold your breath during strength exercises. That could cause changes in blood pressure.
- * Use safety equipment such as a bike helmet or the right shoes for walking or jogging.
- * Drink plenty of fluids, unless your doctor has asked you to limit fluids.
- * Always bend from the hips not the waist. If your back 'bumps', that is probably wrong.
- * Warm up your muscles before you stretch.

Exercise should not hurt or make you feel really tired.

National Institute on Aging

Con't from Page 1 Sticky Churches

5. Desire for greater fellowship (4%). Though we cannot know the specific motivations behind a greater desire for fellowship, we can make certain our churches have ready venues to move members in that direction. A church with groups has the greatest answer to those asking questions about becoming more connected with other believers.

6. Found a congregation they liked more (3%). Some attendees have to make a change in churches to attend more frequently. But look at the numbers carefully. Only 3% are in this category. That means 97% of those who are attending church more frequently have probably not changed churches. Your church can be a sticky church.

The number one reason for attendance decline in churches is members attending less frequently. Thanks to Pew Research, we now know more about congregations where attendance frequency is actually increasing. How about it? Let's strive to be a "sticky" church!

Pastor Flint

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		
Treasurer:	Tom VanDeventer		

Pastor Flint opened the meeting with prayer.

WORSHIP & PRAYER: Steve Parmley informed the council that the church needs to replace all of our microphones and receivers this year because the frequency at which they can operate has been changed by law. Our current microphones do not operate at the required frequency. We have eight hand-held microphones and two ear piece microphones. At the request of Martin and the council, Steve will research and make recommendations on what replacements will work best for our church. After the council receives his recommendations, we will consider how to fund them.

TREASURER: As of 01/31/2017 we've spent \$26,694.38 from the budget of \$207,685.00 which is 12.85% of the budget. Budget income YTD is \$37,151.78 which is 17.89% of the budget. There is a 2018 budget surplus of \$10,457.40 and when combined with the prior years' budget deficit of \$59,313.38 results in a cumulative budget deficit of \$48,855.98. The checkbook balance on 01/31/2018 was \$50,022.43. Petty cash total was \$300.00. The total of all other funds was \$427,697.86 giving a fund's total of \$478,020.29. The checkbook consists of \$98,878.41 that is special designated money and a NEGATIVE \$48,855.98 that is budget money owed to the checkbook from savings due to underfunded budgets in current and prior years. YTD the checkbook increased \$9,694.94, savings is unchanged, funds total increased \$9,694.94 and the budget deficit decreased \$10,457.40.

PASTOR: Pastor Flint gave each council member a copy of the Lily Endowment National Clergy Renewal Program to review. This program provides pastors opportunities to step away from the daily duties of church life and engage in a period of renewal and reflection. These renewal periods are not vacations, but sabbaticals designed to renew the pastor's commitment to the congregation and to ordained ministry. The Lily Endowment provides grants to cover costs for the Pastor as well as to pay for an Interim Pastor. The council will review the information, and more will be discussed later.

DIACONATE: Nancy Crawford asked the council if any further plans have been made for keeping our church secure. Tim and Martin have been looking into the purchase of cameras to be mounted at our outside doors. Camera monitors would be placed in the secretary's office and upstairs in the audio/video room. Martin suggested we put together a focus group to work on plans to make our church a "harder target" for criminals. Terry agreed to look into what needs to be done and to lead the focus group. He has knowledge in this area from his past experiences in the military.

MODERATOR: Martin explained how the social network called **OneBody** Social Media could be used in our church. Its key features include an online church directory which can be viewed online or downloaded and printed, communication person-to-person or groups, security and privacy, user-generated shared news (including prayer requests), and would be accessible only to church members who want to participate.

Notes - Con't

5 THINGS YOU CAN DO TO SHOW HOSPITALITY TO A FRIEND IN NEED

Here are 5 ideas on how you can do just that to care for the person in need in your life.

TAKE A MEAL - Check Pintrest or scan your cookbooks for an easy Italian Chicken or another easy, almost one dish meal, to take to a friend or neighbor in need. Pair it with a salad or veggies (they are already getting plenty of pasta) and maybe a fresh loaf of bread for an easy, yummy meal. Try to take the meal in disposable containers. It will make their life and your life so much less complicated!

2. PLAY or COFFEE DATE - If they have small children, offer to pick the kids up for a play date. This will give mom a much needed break while also helping get out the energy of a restless child who has been inside all day. If the person you're trying to care for doesn't have kids, offer to bring them a Starbucks and just visit with them for a while. They will appreciate the company and the gesture!

3. DRIVE - Some people may need some help getting around town while they are down and in need. Offer to take them to a doctor's appointment, to the grocery store, to run an errand, or offer to pick up their kids from school. If they can't drive, they will really appreciate it.

4. OFFER TO HELP THEM CLEAN or DO LAUNDRY - Okay, so now we're getting out of our comfort zone. You may be thinking, "Clean someone else's house? Do someone else's laundry? I can barely keep up with my own!" Not to fret. Spending 15-20 minutes doing some light sweeping, dusting, loading the dishwasher is not a big deal and can be done quickly without invading their personal space or your comfort zone. Another great thing you can do is clean out their fridge from all those meals people are taking them! People may resist this one, but trust me—they need it!

5. BE A FRIEND - Sometimes being hospitable doesn't mean DOING anything. It may simply mean to stop, LISTEN (think Mary and Martha), and just be a friend. That will comfort them more than you know!

I hope this encourages you to take a little bit of time by being hospitable to someone in need this week.

Con't from page 5 Council Minutes

It would be controlled by an administrator in our church. The Pastor and Martin are looking at this as a way to get people connected and talking to each other. If implemented, we would try it for a couple years to see if people use it.

Pastor Flint gave thanks to Paula Newell and Willie Phillis for the successful spaghetti dinner they provided for the church. It was great fellowship and hospitality.

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

Respectfully submitted,
Mary Anderson, Church Clerk

Notices

ABWM MEETING

Our next ABWM meeting will be Monday, March 12th at 9:30 am in the GA Room. *Glenda Bunton and Melba Moody will be our hostesses. Carol Lear will be doing devotions and Barb Miller will be our leader.* Please **JOIN US** for a program by Jerry Schroeder from our local Alzheimer's Chapter. Sadly, most everyone will be or has been affected by this disease directly or indirectly at one time or another. Jerry has spoken at many events and taught multiple classes over the years. He is very well versed on this subject and would love to answer your questions. Refreshments will be served.



alzheimer's association

EVERYONE is welcome and encouraged to attend.

No, we did not forget that we had this program scheduled before, but due to unforeseen circumstances, the program needed to be rescheduled.

DIAPER DEPOT

When: Saturday, March 17th 10:00 am - 12:00 Noon

Needs: VOLUNTEERS and monetary donations to purchase items

Because we have access to less expensive supplies, your money will go much farther if you let us purchase the supplies that are needed.



Bring the little ones with you when you stop to get the diapers, and let them pick out an Easter Egg from our basket.

Thank you

On behalf of our entire family, I would like to thank everyone for their love and support during the time of my husband, Wayne's passing. We appreciate all of the cards, the personal well wishes, and the support given to us and for all the memorials you shared with our family. I would also like to thank everyone that participated in the fund raiser that has help to pay medical bills.

Sincerely, Cathy McWade

Because of a recent mailing to our OUT OF TOWN CHURCH FAMILIES AND FRIENDS, we have discovered a few incorrect addresses. Is it possible that you may have an update for our directory?

NAME

ADDRESS IN DIRECTORY

Bowen, Mike & Lisa

P.O. Box 255 Gloucester, NJ 08030

Cooper, Nancy & Doug

651 - B Dyer Circle Huntsville, AL 35808-1603

Meeden, Glenn & Nancy

3300 - Hillside Drive Powder Springs, GA 30127

Scheitzer, Joshua

9109 Buchanan Hall Ames, IA 50013

Voss, Christina &

948 - Boston Way Coralville, IA 52241

Gunsolley, Nicholas

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

2018 Theme

*Practicing
Hospitality*

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

March Newsletter
Deadline - March 20th

Mail - March 22nd
(one issue monthly)

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

WHAT'S NEW?

If you stop in the office these days, you will see another face besides Pastor Flint's and Connie's.

Ian Newell is working on his Business Marketing Internship and among other things will be shadowing Tom Van DeVenter along with increasing our Social Presence.

If you are at the church during the week, be sure to stop in the office and say hello.

