

## TABLE OF CONTENTS

Parish Nurse	Pg. 2
Prayer Works	Pg. 3
Notes	Pg. 4
Church Council	Pg. 5
Notes, Con't	Pg. 6
Notices	Pg. 7

## FOUR QUESTIONS



Do you ever have “aha moments?” These are moments when the light bulb turns on and we grasp something as if for the first time. One of my aha moments was when I realized the power of worldview. We all have a worldview and the thing is it's mostly unconscious. These are the assumptions and presuppositions we use to navigate through life. Author and teacher, Dallas Willard, suggests there are four worldview questions each person answers during their lifetime. The four questions are:

- \* What is reality?
- \* Who is well-off or blessed?
- \* Who is a truly good person?
- \* How does one become a truly good person?

For those of us who follow Jesus, his perspective on these questions is of first importance. What does Jesus say about it?

Jesus' answer to the first question, “What is reality?” is *God and His Kingdom*. This means we seek to adopt Jesus' view of God and his Kingdom. The gospel that Jesus preached was that the Kingdom of the Heavens is available to everyone right here and now if they follow him! We don't have to settle for a life of futility or mediocracy. We can experience his joy and power and love right here and now.

The answer to the second question, “Who is well-off or blessed?” is *anyone who is alive in the Kingdom of God*. In Christ alone we have life, not in possessions or achievements or even human relationships, but in a relationship with Christ that extends his love to all other relationships. Being truly alive in the Kingdom of God right now is how we are well-off and live the good life.

The answer to the third question, “Who is a truly good person?” is *anyone who is pervaded with love*. This naturally follows from the second question because if we are alive in the Kingdom of a God who is love, then we will absorb and reflect that love to everyone.

The answer to the fourth question, “How does one become a truly good person?” is *to place your confidence in Jesus Christ and become his student or apprentice in Kingdom living*. Jesus did not come to make converts to certain beliefs about him as an end in itself. Rather, he came to enlist apprentices and interns in his way of life. I become a truly good person as I actually live as he leads me to live.

Con't on page 7

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

Mar 11 - 48

March 25 - 30

April 1 - 61

April 8 - 46

April 15 - 37



## NOTES FROM YOUR PARISH NURSE BARB MILLER



### Sizing up 'Superfoods' for Heart Health (continued from March 2018 [Link](#))

Last month we talked about a few of the "Superfoods" that are rich in nutrients that may help keep your arteries clear and your heartbeat stable. We reviewed a variety of foods last month. Read below for even more foods considered "Superfoods".

The information in this article was based on experts that were consulted from the Harvard School of Public Health

#### AVOCADOS

Like olives, avocados are a rich source of monounsaturated fat. They also contain substantial amount of fiber, potassium, several vitamins, as well as phytosterols - plant based compounds that compete with cholesterol for absorption in the digestive system, thus helping lower blood cholesterol levels.

#### Extra- Virgin Olive Oil

Extra-virgin olive oil is one of the key components of the Mediterranean diet, which has been widely touted for its heart-protecting effects. Olive oil is rich in monounsaturated fat, which helps lower harmful LDL cholesterol. Olive oil also seems to discourage blood from clotting too easily and helps smooth out blood sugar levels. "Extra-virgin" means that the olives were pressed without high heat or chemicals, preserving the antioxidant chemicals known as polyphenols, which may also have helpful anti-inflammatory effects.

#### NUTS

Peanuts (which are actually legumes) and tree nuts (such as walnuts, pecan, and pistachios) are excellent sources of fiber, healthy fats, vitamins, minerals and phytochemicals, all known to protect heart health. Eating nuts lowers harmful LDL cholesterol, raises protective HDL cholesterol, and lowers blood pressure.

#### SALMON

Fatty fish such as salmon are the leading dietary source for omega-3 fatty acids, which lower heart rate and blood pressure and keep blood vessels flexible. "There's good evidence that people who eat more fish have a lower risk of dying from heart disease. The clearest benefit comes from preventing deaths caused by irregular heartbeats, know as arrhythmias.

#### BERRIES

Blueberries, strawberries, raspberries and other berries are all bursting with plant-derived chemicals, known as polyphenols. These may help protect the heart by neutralizing oxidized LDL which forms plaque inside the arteries.

#### QUINOA

Native to South America, quinoa (pronounced KEEN-wah) is unique among plant-based foods because of its high protein content. It's also a good source of fiber, vitamins and minerals.

#### DARK CHOCOLATE

Dark chocolate that contains at least 70% cocoa is rich in flavanols, which may help lower blood pressure. But beware, just 2 ounces of dark chocolate delivers about 300 calories, so enjoy this sweet treat in moderation.

Our experts all stressed the importance of eating a wide variety of fresh, unprocessed foods, rather than focusing on "superfoods" for getting high amounts of specific nutrients. It's really about the whole package - the combination of nutrients and micronutrients that occur together in different foods that improve the overall quality of your diet.

# 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.

- \* Joel Buller (Cancer)
- \* Joe Johnson
- \* Jim Lake (Nancy Johnson's brother)
- \* Nancy Lee
- \* Lofgren Family
- \* McWade Family
- \* Julie Rodell (Diagnosed with cancer)
- \* Maddy Rodell
- \* Mulu Zerihoun (Liver Transplant)



## 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

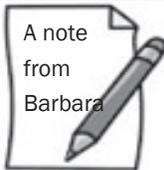
Dear Congregation:

**A JOYOUS EASTER TO ALL!** Our Maundy Thursday service was very inspirational. I am disappointed I was not able to be at our Easter Sunday service. I am sure it was beautiful. We have some wonderful programs at our ABWM meetings. A recent one was about Alzheimer's disease. And don't forget to celebrate Bob Moody's birthday on 23 April. This is Sharon Farrel's 10<sup>th</sup> anniversary of her ordination as a pastor. Congratulations go to Pastor Sharon!

I subscribe to 3 Christian magazines: CHRISTIAN CENTURY, LIVING LUTHERAN and BIBLICAL ARCHAEOLOGY REVIEW. We American Baptists also have our own history publication and unfortunately I can neither find a copy nor the name of this publication. I know it isn't called BEING BAPTIST, but I think it would work as a title. The Lord gives me such an abundance of information on His Kingdom that I'm overwhelmed.

Easter Blessings from your editor, Barbara Chaney

A note  
from  
Barbara



# Notes

## 2018 SUNDAY GREETERS AT WELCOME CENTER

April 22 - Nancy Crawford and Nick Maess

April 29 - David and Linda Luzadder

May 6 - Bev Nelson and Jackie Shattuck

May 13 - Glenda Bunton and Willie Newnham

May 20 - Deb Miller and Paula Newell

May 27 - 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

<b>FOR 2018</b>	<b>\$3,997.40</b>
<b>March 25</b>	<b>\$1,162.00</b>
<b>April 1</b>	<b>\$5,024.00</b>
<b>April 8</b>	<b>\$1,286.00</b>
<b>April 15</b>	<b>\$ 497.00</b>

## THANK YOU

As most of you know, my health has not allowed me to be with all of you since early December 2017 and I still struggle to be with you physically, to date. I have spent much time in the ER, hospitals and Restorative Care. I returned to my apartment in February and am currently still able to be in Crosstown Senior Independent living. I am getting stronger each day and was so thankful when I was able to return at Easter and greet all of you personally.

I want to thank Pastor Flint and Debbie Miller, The Judson Class, my family, my church family and friends for the prayers, cards, visits, flowers, gifts and phone calls during this time. This church family has been a wonderful part of my life and I am forever grateful. To God be the glory for this and what He has done for me.

*Thank You  
So Much*

Mary Zahnley

## Death Notice Double-Cross

Publicly sharing personal information is risky enough in everyday life. It gets worse in death. It's never wise to let strangers know your name, address, birth date, birthplace, family members' names or even hobbies, whether you post the info on social media, take surveys or fill out product registration forms. But obituaries can take the risk to a whole new level. When published in newspapers and websites, they can spoon-feed scammers the precise nuggets they need.

We all want to acknowledge a loved one's life completed. But be aware that the devil is in the details. The more personal facts you provide in an obit, the greater the risk of scams.

When it's time to write the notice, give the deceased's age, but leave out the birth date, middle name, home address, birth place and mother's maiden name. Don't even include the names of family survivors. This last advice will be hard to follow, but otherwise you put family members at risk of scams like these.

Nearly 80,000 people a year are specifically targeted after death, because no one is checking their credit report. With details gleaned from an obit, crooks can often purchase or figure out a person's Social Security Number to fraudulently open credit card accounts, apply for loans or even file tax returns to collect refunds. So spare details in an obit. Quickly send requests to each of the major credit reporting bureaus - Equifax, Experian and TransUnion - to flag the person's account as deceased. This permanently stops new credit from being issued in the person's name.

Con't on page 6

# Church Council

FIRST BAPTIST CHURCH OF MOLINE

CHURCH COUNCIL MEETING

MONDAY, March 19, 2018

<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:** As of 03/31/2018 we've spent \$59,891.42 Y-T-D from the budget of \$207,685.00 which is 28.84% of the budget. Budget income Y-T-D is \$56,204.88 which is 38.05% of the budget. There is a 2018 budget surplus of \$3,686.54 and when combined with the prior years' budget deficit of \$59,313.38 results in a cumulative budget deficit of \$62,999.92. The checkbook balance on 03/31/2018 was \$31,430.28. Petty cash total was \$300.00. The checkbook consists of \$94,430.20 that is special designated money and a NEGATIVE \$62,999.92 that is budget money owed to the checkbook from savings due to underfunded budgets in current and prior years. YTD the checkbook decreased \$8,907.21, and the budget deficit decreased \$3,686.54.

**FINANCIAL SECRETARY:** A little over \$2,000 has been collected so far for the new microphones and receivers. On Wednesday, May 9<sup>th</sup> the church will be having a Pizza and Trivia night as a hospitality event. Prizes will be awarded.

**STEWARDSHIP:** Landscapers have completed the spring maintenance including applying weed preventative and trimming bushes. Security covers have been ordered for the thermostats in the church to help regulate heating and cooling costs.

**DIACONATE:** The council discussed painting the mauve areas inside the sanctuary to give it an updated appearance. It was decided that Nancy would purchase a sample can of paint in the same color as the walls of the sanctuary for a test spot, and the council will make a determination whether to go ahead and use that color.

**MISSION:** Our ABWM hosted the Area 1 ABWM on Saturday, April 14<sup>th</sup> with a speaker from Christian Family Care and music from our own Toni Sierer. Our next offering will be the One Great Hour of Sharing, taken from May to July.

**PASTOR:** Jesse Shattuck will be baptized on Sunday, April 29<sup>th</sup>. Working with our intern Ian Newell, we sold our unused translation system on eBay for \$600. The Sabbatical grant for 2019 has been submitted, and Pastor Flint will find out by the end of August if it comes through.

**WORSHIP & PRAYER:** We will discontinue the Daily Family Devotional after this quarter. Cathy and Terry attended a conference on church security planning. A fund drive has begun to purchase the new microphones and receivers.

**HUMAN RESOURCES:** Our church will be starting a Courtesy Ministry in order to make the church even more friendly. Terry will be the director, and Cathy will be the assistant director.

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

Respectfully submitted,  
Mary Anderson, Church Clerk

# Notes - Con't

Con't from page 4 - Death Notice

You will need a certified copy of the death certificate among other things. You should also notify Social Security at (800) 772-1213, the IRS, banks, insurers, brokerages, credit card issuers and mortgage companies in case scammers approach them. Close down accounts on Social Media, i.e. Facebook and Twitter.

Scammers use names published in obits to pose as grandchildren of the deceased, calling with sob stories and needing money. Research shows that your vulnerability is highest in the three years after a major stress. Obits are pure gold for scammers who can target grieving spouses immediately following a death by citing names.

Crooks often call spouses, children or sibling to make a claim that survivors must repay the deceased debts. Not true. Unless you cosigned the obligation or are otherwise legally responsible, debts are paid from the estate, not the pockets of relatives. Anyone saying otherwise is deceiving the grieving for a quick buck.

Self-described insurance agents and attorneys claim the departed took out a huge (but secret) life insurance policy. And that a final premium must be paid before the benefits can be collected. Legit insurance companies do not request upfront fees by wire transfer or debit card.

If the deceased's address and the time of the memorial are in the obit, burglars often know when to strike the unoccupied home. Leave out the home address and ask a friend to forgo the funeral to keep watch.

AARP Bulletin Sid Kirchheimer - March 2018

## CONNECTION CORNER

*Ian Newell*



**My family:** Martin (father) Paula (mother) Emma (sister)

**Favorite Vacation Spot:** England, specifically London, because there is so much to do and see, and Willenhall, because that's where my Grandad lives.

**Favorite Memory of growing up here at FBC:** I would say my favorite memories are the mission trips I went on when I was younger (Oklahoma, Arkansas, Kentucky) because one, it really opened my eyes to how bad some people have it, which in turn helped me appreciate all that I have. And two, it was a rewarding feeling knowing that we had genuinely impacted the lives of everyone we helped.

**Where am I going to school:** Black Hawk College in Moline, graduating this spring.

**What brings me to the FBC office:** One of the requirements for my Business Marketing & Management degree is to complete a 240 hour internship. I have focused more on the marketing side of the degree, which lines up with the needs of the church. Basically, my main duties are anything and everything Pastor Flint tells me to do. But more specifically, they include getting the church connected through the OneBody social network & online directory, updating our LED sign to make it inviting to the public. I am also sitting with Church Treasurer, Tom Van Deventer, to document his work with the goal of preparing an easy to read, step-by-step list of how everything is done. I am researching different church websites from the surrounding area to compare against our own to help make ours even more relevant. I am assisting Church Diaconate, Nancy Crawford, in working with The Dispatch advertising for FBC in the paper.

# Notices

## PIZZA NIGHT

When: Wednesday, May 9<sup>th</sup> at 5:30 pm

Where: Fellowship Hall

What: Pizza Hut Pizza and 'mini' trivia.

Why: A night of fellowship and laughter as we break bread and enjoy our time together.



(there will be a freewill offering)

Look for the signup sheet at the Welcome Center.

Pease R.S.V.P. by Tuesday, May 8<sup>th</sup> at noon.

***Be hospitable and invite a friend.***



Will you know the answers?

Do you have an idea for an event?  
Call Connie in the office.

## SAVE THE DATE

June 3<sup>rd</sup> Taco Lunch - Following 10:00 a.m. service



## LOVE GIFT SUNDAY - APRIL 29<sup>TH</sup>



Dear God, these gifts of money are so small in contrast to your great love. We have chosen to call them LOVE GIFTS, but they pale in comparison to your great LOVE GIFT, Jesus Christ. Yet they are expressions of our love for you. Bless this money as it is used by others to carry on your work.

## ABWM SALAD LUNCHEON

Our ABWM ladies have been invited to Merle Brown's home in Cambridge for our annual Salad Luncheon. The luncheon will be on Monday, May 14<sup>th</sup> and we will carpool from the church, leaving at 10:45 am. Don't forget to bring a salad!! Call the office or Melba Moody to sign up for car pooling.

## DIAPER DEPOT

**When:** Saturday, May 19<sup>th</sup> 10:00 am - 12:00 Noon

**Needs:** VOLUNTEERS and monetary donations to purchase items. Let us do the shopping and purchase the supplies that are needed.



**CONGRATULATIONS !!!**

**KAYLAR THEIN**

On your U.S. Citizenship.  
We are very proud of you



Pastor Letter - con't from page 1

So, how are we doing with these four questions? Do we have Jesus' view of reality? Do we consider being well-off the way he does? Are we living a life pervaded by love following in Christ's steps? Are we everyday trying to follow him as his Apprentice, living the life he would live if he were in our shoes? Think about it!

Pastor Flint

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Jen Hays

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Connie Morris

Custodian

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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  
May Newsletter  
Deadline - May 22<sup>nd</sup>  
Mail - May 24<sup>th</sup>  
(one issue monthly)

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

**SOMETHING NEW!!**

This month, we are starting a new feature in the LINK. It is called CONNECTION CORNER. This will be your LINK to others in the church. It may be news about someone in the church or maybe about one of the ministries. If you know of something special that is happening with someone in the church, please contact Connie in the office and give her a heads up.