Pastor Andy Stanley challenges us to consider the new that Jesus introduced to the world. He writes, “Jesus introduced a new movement - the church. He did this by inaugurating the new covenant that had been predicted by Jeremiah. And Jesus gave his new covenant community a new command to serve as the overarching ethic for his new movement - a command to love.”

How did he do this? “We have been given an indispensable event as the foundation of our faith: the resurrection of Jesus. Consider some of the eye-witnesses to the risen Christ. At first glance they don’t seem likely candidates.”

“Wait, James? The brother of Jesus? What would your brother have to do to convince you he was your Lord? James was convinced. That’s convincing. Paul? The one-man Jewish wrecking machine? Yes - the great persecutor became a follower of Jesus and spent his life creating churches.

Peter? The guy who followed, then unfollowed, then followed again? The impulsive coward who steps out onto the streets of Jerusalem proclaiming his friend had risen from the dead.” “John? The guy who lived to be an old man, who looked back over a life filled with terror, persecution and disruption? Who, despite all the difficulty of what he’d seen, introduced a concept to the world that has become an assumption for most people in the West: “God is love.” He was convinced his friend was God in the body. And if Jesus was anything like God, God was in fact love.”

Well said Andy Stanley! Jesus has given us something we are sorely in need of - hope and the chance for a new beginning! Just like those first witnesses let’s share the wonderful goodness we have found in Jesus. He is risen. He is risen indeed!

Pastor Flint
Pain in the Legs
How to Make it Stop Now

If your legs hurt, ache, or feel uncomfortable, you may be tempted to chalk it up to aging. But leg pain isn’t inevitable, and often simple changes can make a big difference.

One common cause of leg pain is statins, drugs used to lower cholesterol. “Ask your doctor—lowering your dose or switching drugs may help,” says Marvin M. Lipman, M.D., Consumer Report’ chief medical adviser. Here are three common leg complaints, and how to get relief - before turning to drugs.

**Peripheral artery Disease**

Leg pain that starts while you’re walking or climbing stairs could be peripheral artery disease (PAD), a condition that affects one in 20 adults over 50. PAD is associated with an elevated risk of heart attack and stroke. Untreated, it can stop circulation in the leg and even lead to amputation.

**WHAT TO DO:** Walking can bring on discomfort. But prescribed walking - as part of a supervised exercise program designed by your doctor that may be undertaken in a clinic - is actually the best treatment for PAD pain.

Walking and other exercise may also help slow the progression of PAD, along with quitting smoking and controlling blood pressure, cholesterol, or diabetes.

Medications for treating PAD may only slightly increase your walking distance and can have unpleasant side effects, including diarrhea or vomiting.

**Restless leg syndrome**

An irresistible need to move your legs during inactivity is the key symptom of restless legs syndrome (RLS) which affects an estimated 7 to 10 percent of the U.S. population. Symptoms often worsen with age.

**WHAT TO DO:** Recommendations include doing chores at night when you typically have discomfort (RLS symptoms don’t occur while you’re moving), and distracting yourself with video games or knitting. Moderate, regular exercise can lessen symptoms, while alcohol, caffeine, and nicotine may trigger them. Talk with your doctor about whether you have an iron deficiency, which may play a roll.

For people whose RLS symptoms aren’t helped by lifestyle changes, drugs may be an option, though they can have serious side effects. Your doctor can you decide whether drugs are worth trying.

**Nocturnal leg cramps**

These sudden muscle contractions, which often have no apparent cause, can hurt so much that they wake people from sleep. “Thy can leave a muscle sore for days,” Lipman says. Up to 60% of adults report nocturnal leg cramps.

**WHAT TO DO:** First, tell your doctor so that he or she can check for underlying causes such as dehydration, nerve disorders, vascular disease, and calcium, magnesium, or potassium deficiencies.

One of the best fixes is stretching: Keep an old tie on the nightstand, and before bed or when a cramp strikes, wrap it over the ball of your foot and keep you leg straight. Holding both ends, gently pull the ball of the foot toward your head.

Quinine was once used to treat cramps, but the FDA has warned against that practice due to the potential for severe side effects, such as heart problems.
“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.

- David Anderson (Marilyn Anderson’s son)
- Andrew Jarvis (building strength for his PT test)
- Joe Johnson
- Barb Miller
- Bev Nelson
- Bob Reynolds (Marilyn Anderson’s son-in-law, possible Parkinson’s)
- Mulu Zerihoun

PLEASE PRAY FOR OUR EXTENDED FAMILY
Patricia Ostrand (Overlook Village)
Cathy McGill (Home)
Grace Orton (Home)
Jim Anderson (Avonlea Cottage)
Richard Bunton (Amber Ridge)
Mary Ann Schmidt (Heartland)

PLEASE PRAY FOR OUR MILITARY
Danny O’Neill          Lauren Hugel–Snyder
Zakris Sotirin-Miller  Michael Morris
Jack Claerhout         Andrew Jarvis

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

The next ABWM meeting will actually be our annual Spring Luncheon hosted by Merle Brown. Please join us on May 13th at 11:30 am at Merle’s. If you need a ride, please be at the church by 11:00 so there is time to get to Merle’s before lunch. Join us as we welcome spring and enjoy a relaxing afternoon.
2019 SUNDAY GREETERS AT WELCOME CENTER

April 21 - Bob and Melba Moody
April 28 - Deb Miller and Paula Newell
May 5 - Bev Nelson and Jackie Shattuck
May 12 - March Mirr and Vera Mathis
May 19 - Nancy Crawford and Nick Maess
May 26 - Glenda Bunton and Willie Phillis

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

WEEKLY BUDGET NEED
FOR 2019 $3,938.46
March 24 $ 828.00
March 31 $ 812.00
April 7 $ 2,755.00
April 14 $ 1,643.00

CONNECTION CORNER

Nick Maess

Tell us about your family: My parents are Tim and Brenda Maess. I am the oldest of two boys, three years older than my brother, Scott. I also have five second cousins I enjoy spending time with along with another cousin who is due at the end of September. I have an amazing fiancé, Ashlee Adams, who I have been with for two years.

What brought you to First Baptist Church? I started attending First Baptist four years ago, when I was the Best Man for David Luzadder when he married Linda.

What ministries do you participate in at FBC? I participate in the Diaper Depot Mission. I help set up for Communion, along with taking Communion to the shut-ins. I also participate in the choir and I am in the Praise Team.

Do you have favorite ministry that you enjoy most here at FBC? I enjoy participating in Diaper Depot because I feel it is a good way for me to give back to the community. I also enjoy taking Communion to the shut-ins because I love getting to know people. I love singing so it is natural to be in the choir and Praise Team.

Did you have any pets growing up? I have been fortunate to enjoy the addition of three dogs, three cats and one bird to my family. My favorite is my bird, Sammy, who was named after Sammy Sosa, a Right Fielder for the Chicago Cubs. Our backyard now has a rock for each of our animals that have passed away. It's starting to look like a pet Cemetery.

Do you have a favorite dish you like to cook or eat? My favorite food is tacos. Whose tacos are your favorite? My own!!

What is your favorite restaurant? I love the Olive Garden.

I am a huge fan of Nascar, baseball and football. My favorite Nascar driver is Kyle Busch. My favorite baseball team is the Chicago Cubs. I am also a Chicago Bears fan.

We would like to thank everyone for their support during this time when God called our child home so soon. We want you to know that all of your prayers and your cards made such a difference in our lives. Your outpouring of faith and love gave us strength and warmed our hearts.

Gratefully yours, Ben and Ally Miller
Pastor Flint opened the meeting with prayer.

**Treasurer’s report:** January thru March we’ve spent $65,524.05 from the budget of $204,800.00 which is 31.99% of the budget. Budget income was $58,950.00 which is 28.78% of the budget. There is a 2019 budget deficit of $6,574.05 and when combined with the prior years’ cumulative budget deficits of $67,158.22 results in a cumulative budget deficit of $73,732.27. The checkbook balance on 03/31/2019 was $20,860.37. Petty cash was $300.00. The checkbook consists of $94,592.64 that is special designated money and a NEGATIVE $73,732.27 that is budget money owed to the checkbook from savings due to underfunded budgets in prior years. YTD the checkbook decreased $43,420.34 and the cumulative budget deficit increased $14,418.89.

**Stewardship:** Tim has priced lawn equipment from Trevor Hardware and plans to purchase items next week to replace what was stolen. The cost will be $530. The lock is broken on the door at the rear of the building by the stairs to the boiler room, and Tim installed a slide bolt on it until it can be repaired. He would like everyone who uses the building other than Sunday morning to be sure the slide bolt is closed when you leave. The plumber was unable to fix the problem with the toilet in the ladies’ room by the front door. They will keep working on this problem. The Certificate of Deposit that was recently renewed will earn 3% interest.

**Education:** The youth helped hang door knob ads in the neighborhood for our upcoming rummage sale. They also participated in waving palms in the processional on Palm Sunday. The C.E. team will be deciding on going to Springfield Camp July 1st through 3rd, and possibly Day Camp. Many Karen youth are outstanding students and involved in many school activities. Htoo Htoo is going to Costa Rica in June with the Mission Team. She is asking for donations to help with expenses. Htoo Htoo is seventh in the senior class at Rock Island High School and has been accepted at the University of Illinois College of Architecture.

**Worship & Prayer:** Wednesday night prayer continues at 4:30 pm with four to six attendees. Dorose Harrington and JoAnn Parmley spearheaded the purchase of palm leaves for Palm Sunday and lilies for Easter. Maundy Thursday service will be held this week with a Passover supper hosted by Pastor Flint and Deb. Hand bells will play.

**Human Resources:** Terry described some options to consider for ways to invest our church’s money. Also, he will be getting with Martin to share some ideas he has on purchasing security equipment for the church.

**Pastoral:** Recent visitors to our church found us on our web site. We need to make sure our web site is user-friendly and attractive. We may link a video recording of the Sunday service to our web site. The pet station we put in our parking lot is being used by dog walkers. This summer we plan to paint our “little library” a bright color and relocate it closer to 29th Street.

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

Respectfully submitted,
Mary Anderson, Church Clerk
It’s getting closer. Yes, the Rummage Sale is just around the corner. Keep bringing in your items to sell. Proceeds to support ABWM ministries.

**Set up Dates:** April 29 - May 2.

**Sale Dates:** May 3 & 4. 9:00 am - 2:00 pm

*Food* will be served with the proceeds from the food supporting Diaper Depot.

Not only do we need your items to sell, but we need **YOU** too.

- Price items, and arrange tables
- People to work the different areas of the sale
- Be a runner, give people a break
- Pack up the leftovers (May 4th 2:00 - 3:00)

Call Nancy Crawford with your availability.

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**DIAPER DEPOT**

*Mark your calendars for the next Diaper Depot*

**When:** Saturday, May 18th 10:00 am - 12:00 Noon

When there is too much month at the end of the paycheck, we would like to help.

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

Can you help out the day of Diaper Depot? Maybe you can talk with people, or help them through the process. We would love to share the joy of this ministry with others.

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**Grace Orton**

Grace Belle McBride was born in Akeley, MN, on February 3, 1914. She married Thomas N. Orton, he preceded her in death in 1988. Grace and Tom adopted a brother and a sister as their own children, which later gave them four grandchildren and five great-grandchildren.

Grace is survived by her daughter, Tina, son, Michael and a number of grandchildren, including Belinda Fogleman. Grace worked at the Rock Island Arsenal during the war filling backpacks for the men at the front. Grace was also a lifetime member of the American Baptist Church, joining First Baptist Church originally in 1937. After moving to East Moline she came back to First Baptist Church in 1970. Grace then moved to Tuscon, AZ. She again returned to FBC in March 2007. She was very active in the church as a teacher, numerous committees, Financial Secretary, President of Women’s Ministries, formed a Bible Study group, was a Church Clerk, sang in the choir and worked with the youth. Grace has been interred at Greenview Memorial Gardens.
Dear Friends from Moline.

For many years, we have been receiving mission teams from the Baptist Church in Moline. When one begins to look back over the years to see what has been accomplished, it is very hard to put in words just what has been done. With this letter, we will try to do that for you.

When the mission team contacted us we were working mostly with big construction teams and this team really did not have much to offer in the construction field. What could we do? This is where we came up with the unique idea of working mostly with women and children who are the backbone of our ministry. We were informed that Nancy was a professional seamstress and she could work directly with the ladies. This is an area where we had not worked with mission teams. Then we talked about the children’s ministry and worked on Bible stories with handicrafts that would share the stories of Christ and His love for each one of us. The idea was brought up of taking photos of the kids. This was new and ingenious for the kids as most of our kids never have their photos taken, as it is too expensive.

So a new concept of mission teams was born, working directly with the women in sewing and working with the kids with Bible stories, etc. This was so foreign to our construction teams that we named this team the “odd ball team”, in a very loving sense. We are so glad that they have chosen to continue to come each year as they are the only mission team that brings these special talents to the table.

Since this team is so unique, we had to share with other locations, regardless of the distance: ASOMOB, 6 hours away, Horquetas, 1.5 hours away and CEDCAS in town. The team never complained about the travel time as they wanted to serve where ever they were needed.

Then we discovered another problem. We were teaching sewing to the ladies, bringing material and patterns to cut out, but nobody had the sewing machines to sew, so the team began something else unique. They brought brand new sewing machines, all a very good brand, all the same brand with all metal parts. We had other teams bring OLD machines that never really worked and these were all BRAND new. Over the years, they have brought over 70 regular machines and over 12 overlock machines. This all comes from bake sales, donations and money that Bill and Nancy raise so the sewing machines can be donated.

But the team has not limited themselves to sewing machines, they have been able to bring us what I call “Christmas” in June. They also buy baby chicks which enables the families to have fresh eggs and meat for their families. They bring seeds for vegetable gardens, medical equipment and a very special piece of equipment which is to do laparoscopic surgery. They bring supplies for the crafts, for pictures and the VBS program for the kids, along with special gifts for the missionaries and staff and so much more.

The most important aspect of the team has been that they become the hands and feet of Jesus. Many people would never come into the church, but when a team comes they are excited to have their children participate. The Gospel seeds are planted. We have the opportunity to share what Jesus did for us on Calvary. People that never attended the church have continued to attend after the team left. Ladies who have never been able to sew are now able to start their little family business and can tithe to the church, which they were never able to do before. When a team comes we also encourage them to buy items the ladies make to help them in their business. The families are blessed in so many ways. God is good.

We thank the Quad City team for their uniqueness in bringing this special team that serve with us side by side and also encourage our hearts as well. Thank you for the yearly check of $1,000 that you have sent to support our ministry. This has been such a great help to us.

Thank you for your labor of love,

Lillian Solt, Missionary with United World Mission
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.”

Proceeds from the sale to support ABWM ministries.

Set up Dates: April 29th - May 2nd

Sale Dates: May 3rd - May 4th
Times: 9:00 a.m. - 2:00 p.m.

Food Available (proceeds support Diaper Depot)

Tear Down and Packing: May 4th 2:00 p.m. - 3:00 p.m.