

A
COMMUNITY OF
FAITH
STRIVING
TO

KNOW
CHRIST
PERSONALLY

GROW
WITH CHRIST
INTIMATELY

SHOW
CHRIST
PASSIONATELY

Our Mission

Making
disciples of
Jesus Christ
for the
transformation
of the world

Our Vision

To **Know**
Christ
personally,
Grow with
Christ
intimately,
and **Show**
Christ
passionately

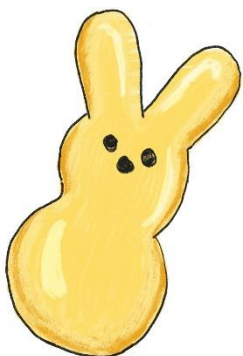
The Good News

Good News! For several months during the pandemic, one of our church members and I were on the lookout for good news. When so many were sick, when attendance was down, when friends and family joined God in heaven before we were ready to say good-bye, when disaster and war destroyed lives around the world, it helped to look around and find good news each day. I'll admit, some days, I had to look harder than others! While I know that there is much that weighs on our hearts, I am comforted by knowing that, in Christ, the worst thing is never the last thing. And God has provided so much good news for CABC in recent days!

- Good news! Our prayer garden has been cleaned up and is a lovely place to enjoy the sunshine and spend time with God (thanks to our properties committee).
- Good news! Thanks to your generosity and the hard work of our youth and children, we raised over \$1,300 to help send our youth and children to camp this summer.
- Good news! We had 12 youth lead us in worship on Youth Sunday, sharing what they have learned about what God is like.
- Good news! Ric and I have been hosting some young adults (in their 20s) in our home for dinner and Bible study each week, and we have had deep and fruitful discussions.
- Good news! Our midweek Bible study has grown as the weather has gotten nicer, and we have been joined by members of Calvary Baptist.
- Good news! A new basketball goal will soon be installed, allowing more of our neighbors to have a safe and welcoming place to play.
- Good news! Our PrayGround is open again, so our children and their families have a welcoming space to worship in child-friendly ways.
- Good news! We donated lots of bags and boxes of food to Keystone Community Center to help feed the hungry.
- Good news! Our choir members are back in the loft and doing a great job leading us in worship each week.
- Good news! Beginning this month, we will share communion around the table again (while still providing pre-filled cups for those who feel that is best for them).
- Good news! This Maundy Thursday, we will be gathering around tables for a meal again, after two years of loving each other by keeping our distance.
- Good news! Our sanctuary foyer has a bright new facelift, thanks to Tim Thornhill's paint skills

And, in a few short weeks, we will celebrate the ultimate good news – Christ is risen! Inside our newsletter, you will find more information about how we will observe Holy Week and celebrate Easter. Did you know that the Easter season is 50 days long? Our Easter sermon series is all about good news! I hope you'll join me in sharing the good news of Christ's love with our neighbors this Easter and beyond!

Blessings,
Pastor Melissa



Finances

Total Budget Income for 2022: **\$ 20,674.29**

Jan. Budget: \$ 9,414.77	July Budget: \$
Feb. Budget: \$ 11,259.52	Aug. Budget: \$
March Budget: \$	Sept. Budget: \$
April Budget: \$	Oct. Budget: \$
May Budget: \$	Nov. Budget: \$
June Budget: \$	Dec. Budget: \$

April Birthdays

Blake Bailey	April 6
Michael Krawchison	April 8
Tracy Shirley-McCown	April 9
Mary Durrer	April 26
Alex Coleman	April 27
Jena Willis	April 27
Dabney Ward	April 28
Sylvia Shortt	April 29



Prayer Concerns

- Those who are homebound or in retirement and nursing homes: Madaline Brown, Lois Burge, Jane Byrum, Mary Durrer, Freda Guill, Evelyn Hutcherson, Yvonne Metz, Nadine Minnix, Shirley Moore, Betty Obenchain, Bill Parker, Louise Parris, Betty Payne, Evelyn Ragland, Alice Scogin, Katie Wood
- Those with cancer including Alison Ziegelmeier (Ric Scott's cousin), Barbara Kern, Jack Cooper, Brian Britt, Paula (Reatha Linkenhoker's daughter), & Susan Wimmer (friend of Ginny Smith)
- Buck Conner • Doug Heptinstall
- Margaret Jones' granddaughter, Amanda, awaiting a heart valve replacement
- The people of Ukraine, and all those affected by war
- Nancy Burgess's neighbor, Darlene Ferris, who has colon cancer and is under hospice care
- Mary Durrer, recovering from carpal tunnel surgery
- Nancy Vest, recovering from pneumonia
- Bob Crawford, as he has hip surgery later this week

April Youth Schedule

April 3 and April 10, Sunday evening dinner & discipleship

5:00-6:00 5th-7th grade Bible Study
6:00-6:30 Snack supper for all youth
6:30-7:30 8th-12th grade Bible study

**April 17, No Sunday evening dinner & discipleship (Easter)

Volunteer to provide dinner:

****If you would like to provide a snack supper for our youth on Sunday evenings, sign up here: <https://bit.ly/pbjyouthsupper> or let Pastor Melissa know. We suggest you prepare for 10-12.**

April 22-24, Missions Madness

We will be joining other CBFVA youth groups for a great weekend of worship and mission work in Bristol, Virginia. Even though we've passed the deadline, we have spots for one more girl and three more boys for Mission Madness. The cost for CABC youth is \$50 (because of a generous gift from the missions committee).

Passport Camps 2022

April 24, Deadline to sign up and pay for Passport Camp!

- Our younger youth (fifth-seventh graders) will be going to **Passport Kids Camp at Eagle Eyrie, June 15-18**. Eagle Eyrie is a beautiful retreat center on the mountain outside Lynchburg. The cost for that camp is \$325, but our missions committee has generously paid \$65 of the cost. The cost is \$260, but those who helped with the dessert auction will only pay \$146.
- Our older youth will be going to **Passport Camp at Greensboro College, June 26-July 1**. The cost for that camp is \$423, but the missions committee has also paid the down payment for you, so your cost is now \$339. For those who helped with the dessert auction, the cost is \$225.
- If you need to make a payment plan, please let Pastor Melissa know. Also, we never want finances to prevent our children & youth from participating, so we can arrange for scholarships if they are needed. Please don't hesitate to reach out!
- For more information about camp, e-mail, text, or call Pastor Melissa. Also, check out the camp's website: <https://passportcamps.org>.

Children

- Our online Lenten devotion time for our children and their families will continue through Holy Week. We meet on Zoom for 15-20 minutes, on Wednesdays at 7 PM. The link to join us is <https://bit.ly/cabcfamilylent>.
- Palm Sunday Lunch and "Messy Church": Our children and their families are invited to join us following worship on April 10 for lunch. After lunch, we'll enjoy stories, games, and crafts to help you walk through Holy Week together). Please let Pastor Melissa know by April 6 if you will be attending.

Young Adult Bible Study, Tuesdays, 6:00 pm

Join us at Pastor Melissa's house for dinner and Bible study! We enjoy great conversation around the table and then move to the family room for dessert and Bible study. If you're in your 20's, we'd love for you to join us!

Online Devotions for Children and their Families

During Lent, Pastor Melissa will lead a special online Lenten devotion time for our children and their families. That devotion time, which will be 15-20 minutes, will be on **Wednesdays at 7 pm, beginning March 9**. The link to join us is: <https://bit.ly/cabcfamilylent>.

Other ways to Connect

- Join us for Brown Bag Bible study **Wednesdays at noon**. Rev. Steven Harris, our minister-in-residence, will be leading a Lenten study. You may attend this study in person in the fellowship hall or on Zoom. Feel free to bring your lunch if you'd like! The Zoom link is <https://bit.ly/cabcbiblestudy>.
- Join us for centering prayer on **Tuesdays at noon**, in person or on Zoom (<https://bit.ly/pbjcenteringprayer>).

Missions

As we continue our Lenten and Easter emphasis on local missions efforts and connections with ministry partners in our community, we turn our focus to the Roanoke Rescue Mission. The goal of the mission is to help our neighbors move out of homelessness. One way we can help is by providing a welcome home basket to help make new housing arrangements into a home. Beginning April 3, you will find house-shaped notes with the needed items written on them in the foyer of the sanctuary. Please sign up on the list provided & then take the appropriate note with you as a reminder. You may place your donations on the table in the foyer by April 24. If you aren't attending worship in person, please call or e-mail the church office, and we will be happy to help you sign up.

Holy Week and Easter

We are excited that after two years of loving each other by keeping our distance, we will be gathering in person for Holy Week services this year, joining with Colonial Presbyterian and Calvary Baptist Churches. Our Palm Sunday, Maundy Thursday and Easter services will also be live-streamed on Facebook (and recordings will be available on our website and on our Facebook page.) We hope you will join us as we remember the last week of Jesus' life and celebrate the Resurrection.

Palm Sunday, April 10

10:30 AM: Worship and Palm Procession
9:30 AM: Sunday Morning Bible Study (classes for all ages)
11:45 AM: Children's Family Lunch & Holy Week "Messy Church"

Easter Sunday, April 17

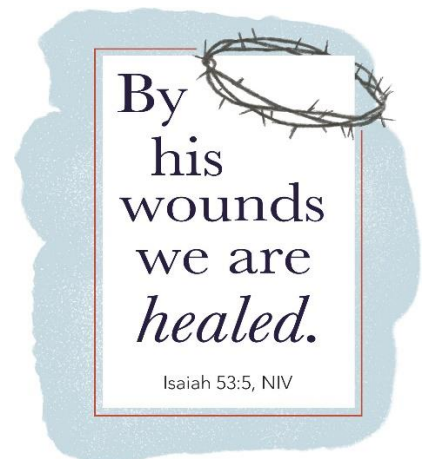
7 AM: Easter SonRise Service, MLK Bridge (downtown)
9:30 AM: Sunday Morning Bible Study (classes for all ages)
10:30 AM: Resurrection Celebration & Worship

Holy Saturday Prayer Vigil, April 16

We are joining Colonial Presbyterian & Calvary Baptist Churches in a prayer vigil on Holy Saturday (the day before Easter). We will provide a prayer guide which you may use as you wish. You will not be committing to praying the entire 30 minutes but to spend time in prayer at some point during that half hour. Sign up at: <https://bit.ly/HolySaturdayPrayer2022> or by contacting Pastor Melissa.

Maundy Thursday, April 14

6 PM: Dinner (soup, bread, and fruit) & Communion
7 PM: Tenebrae Service (a reflective time of worship focused on Jesus' love demonstrated on the cross)



Helping Ukraine

Many of you have asked how we might help those suffering because of the war in Ukraine. CBF has already begun work to help the people of Ukraine. Here is some of what has already happened:

- CBF field personnel Gennady and Mina Podgaisky have served in Kyiv, Ukraine, for 20 years. The Podgaiskys were visiting North Carolina when the invasion began. They remain in constant contact with Ukrainian pastors and leaders, conducting grief counseling, helping Ukrainians find safe locations and providing financial support for those fleeing the country. Until the Russian invasion, the Village of Hope (founded by the Podgaiskys) hosted three Ukrainian foster families with a total of 21 children. We received the bad news on March 10 that the Village of Hope was bombed by Russian military strikes. Fortunately, everyone was evacuated and no one was injured or killed. From North Carolina, the Podgaiskys are working through their networks to provide friends and neighbors with evacuation information and connecting Ukrainians to resources in the country: transportation, relocation to safety, shelters and contact information for medical advice, and the location of food/shelter. The Podgaiskys are also sending funds to trusted ministry partners and individuals in Kyiv, Romania and Spain to provide humanitarian relief. They have partnered with the War Orphan Project, a new ministry putting together a plan to aid an orphanage that is taking care of the children whose parents were killed during the Russian invasion. As of March 4, the ministry had taken in more than 45 orphaned children from just one area of Ukraine.
- Dianne and Shane McNary have served as CBF field personnel in Slovakia since 2004. They are preparing and organizing places to be used as a refugee stop-overs by Ukrainians moving into and through Slovakia. Eddie Aldape, who normally serves in Spain, has joined the McNarys in their work.
- CBF field personnel Mary Van Rheen, who has served in Europe since 1996, is working to support Ukrainian refugees through partners in Moldova.
- Matt and Michelle Norman have served as CBF field personnel in Spain since 2011. Matt is serving as CBF's liaison to the European Baptist Federation and its response to the Ukraine crisis.

For up-to-date reports about CBF efforts, visit <http://cbf.net/ukraine-response>.

Here is how you can help today. You can pray for the Ukrainian people and for those who are working to help them, including our CBF field personnel (missionaries). You can also give hope to the threatened and displaced Ukrainians by giving to CBF's Ukraine Relief Fund. You can give online at www.cbf.net/ukraine or mail a check to CBF (please reference Ukraine Relief Fund on the memo line) at P.O. Box 102972, Atlanta, GA 30368-2972.



Colonial Ave. Baptist Church

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Our Church Staff:

Rev. Melissa Scott
Pastor

Rev. Steven Harris
Minister in Residence

Karen Viele
Church Administrator

Bill Lininger
Music Director

Worry Ways to Deal

It is well documented that over the life of COVID-19 and the variants of it, alcoholism, deaths from overdoses, loneliness, isolation, anxiety, and worry have been part of our national landscape. Parents have told me of the anxiety and worry of their children, as class instruction resumed. Persons with substance abuse disorders have talked about the difficulty of isolation. They have told me about those they knew who have overdosed or died. Many elderly people are isolated and lonely in elder care homes and their own homes or apartments. The list goes on of what COVID-19 and the variants have done to the citizens of the world. Worry is where I will focus attention.

I was recently at a psychiatric conference and attended two workshops that spoke to the issue of worry: one on the impact of loneliness; the other regarding youth in crisis. Clearly worry has had an impact on mental health and mental illness. Perhaps it would do us well to define worry. Worrisome thoughts and images are relatively uncontrollable to problem solving, when the outcome is uncertain and/or possibility negative, this is the definition we will consider as worry. When worrying is constant, one gets into a loop of ruminating. Worry can be disabling. In Generalized Anxiety Disorder, worry is a cardinal feature. One most worries in the morning and evening so that daily tasks become difficult, as well as rest and sleep. How is it then that a person says, "I do not worry about anything." On the other hand, I have known a "worry wart" in my time. Truth is worry is part of the human makeup. Go to the Adam and Eve story, full of worry.

I read an article recently that told me that I was not a Christian. This was news to me. The writer stated, "Christians are not to worry. Worry is not to be part of the believer's life." The article went on to proof text that belief with Philippians and First Peter. *"Don't worry about anything, but in everything by prayer and supplication with thanksgiving let your request be known to God"* (Phil 4:6-7 NRSV). First Peter tells us to cast our anxiety (worry) on him (Christ) because he cares for us. Then the writer goes on to say, worry and anxiety are part of the life of those who do not know the Savior. Wait, a problem: Jesus worried. Of course he did. God being relational, the Almighty worries. I put myself in good company despite that writer stating worry is not part of the believer's life. It is natural to worry. When it becomes pathological that is when it becomes a problem of functioning.

When you find worrying taking up space in your daily life, consider doing some, if not all, the following. Do something you enjoy or engage in your hobby giving yourself some rest from worry. Practice mindfulness or meditation; yes, this may be hard when you are overcome with worry, but it can be done. Prayer. Talk to someone who will listen and give you feedback, rather than advice. Write down the things you are worried about in the situation and eliminate the illogical ones. Go to a counselor or therapist to help you put into context and perspective what you are worried about.

Finally, when you find yourself worrying, have no fear you are still a Christian. Christ and God will not eliminate your worry; however, you will be helped to deal and live with and through it.

Rev. Steven Harris,
Minister— in-Residence