

Falls Fellowship

A Christian Approach to Worry



My father seemed never to worry. I asked him about it and he said that he did not worry but sometimes he would be concerned about a matter. I'm not sure what the difference is.

Worry, that is anxious thoughts and feelings about something, afflicts most humans. Rick Majerus, once a college basketball coach, put

it this way: "Everyone's worried ... Hey, my hairline is in recession, my waistline is in inflation, and altogether, I'm in depression."

Sometimes we worry because we seem to just be going through the motions of life, not really living, just trying to keep one foot ahead

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Missions Corner

God has given us two hands — one to receive with and the other to give with. — Billy Graham

June:

- North East Wake Backpack Buddies. The mission of Backpack Buddies is to provide food to

hungry children in our region and to enrich their lives by giving them a greater opportunity for growth, learning, and development.

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Life Passes for Us All



I was blessed, honored and humbled by the celebration of my birthday on Sunday, May 27. I enjoyed every moment: wonderful words were spoken to me; delicious food enjoyed; many cards received; gifts were given; and Divinely blessed fellowship wrapped around me like a warm glow of love. Thank you. The day will long be remembered for it claimed a special place in my heart and the heart of my loving wife who, also, rejoices with me at the signs of your love.

I have now lived three-fourths of a century. That seems like a long time, yet, for all of us, time passes quickly. For us all life soon turns to the yellow leaf and it's over.

Like you I believe in life beyond this life. Physically, life may turn to the yellow leaf. The signs of the ap-

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North East Wake Backpack Buddies

Backpack Buddies is a program which provides food every weekend to children who are identified as food insecure by teachers and guidance counselors at each school. Each bag contains kid friendly food for weekend meals and snacks. There are approximately 400 children receiving weekly bags from North East Wake Backpack Buddies.

What is food insecurity? Food insecurity refers to the USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods. Good shorthand terms for food insecurity are "struggling to avoid hunger," "hungry, or at risk of hunger," and "hungry, or faced by the threat of hunger." According to the USDA, 41.2 million people lived in food-insecure households in the US in 2016.

What are the statistics for our surrounding community? According to the Southeastern University Consortium on Hunger, Poverty and Nutrition, the number of children eligible for free and reduced price

school meals in North Carolina in 2013 was 56,280. But of those, only eligible children, only 71 percent actually receive free and reduced price school lunch, 34 percent actually receive breakfast and just 9 percent actually receive free summer meals. The

Interfaith Food Shuttle based out of Raleigh reports the following facts:

- Almost 630,000 North Carolina households don't have enough to eat.
- North Carolina is the 10th hungriest state in the nation.
- Almost 1 in 4 children in North Carolina faces

Current Food Drive Needs

Below is a list of needed pantry items. Please ensure items are packaged as individual servings. Due to the design of the program, we cannot accept family size and/or non pre-portioned items. Thanks for your understanding.

Any brand or flavor of the items pictured is welcomed.



Any brand/15 oz or larger

Individual serving size of any salty snacks

Individual serving size of any sweet snack

Instant oatmeal packets

Any brand of breakfast bar

Individual microwave mac and cheese

hunger on a regular basis (24.6%).

Federal nutrition programs can't do it alone. There must be a comprehensive approach. Backpack Buddies is one of many organizations that help to fill food insecurity gaps. A typical weekend bag from the Backpack Buddies Program contains: 1 large canned entrée (such as Chef Boyardee or hearty soup), 2 small canned protein (beanie weenie, beef stew), 1 mac and cheese individual serving, 1 ramen noodles individual serving, 2 individual servings cereal boxes, 1 instant oatmeal, 1 bar, 1 fruit cup, 1 applesauce, 1 sweet snack (pop tarts, raisins), 1 salty snack (pretzels, goldfish), 1 protein snack (Lance crackers) and 2 fresh produce. 1-15oz. jar of peanut butter is provided every 6 weeks.

For more information, visit the North East Wake Backpack Buddies website at www.newbackpackbuddies.org.

— Mindy Barham



Update From The Pastor Search Committee

Our Pastor Search Committee is meeting regularly and we ask for you to continue to pray for us and for our church. I am very much encouraged by the love and dedication each member of this committee has for Falls Baptist Church. Know that our work is rooted in prayer and with enthusiasm for where God is leading us. We are currently preparing a survey that will help us reveal a profile of who we are as a church and what qualities we seek in a pastor. Our goal is to provide that survey to you by late June. Everyone's participation in this process is vital and there will be a number of opportunities to do so, with each step helping us be strengthened, directed, and faithful towards God's calling for Falls.

Your prayers and your voices are important, so please be in prayer daily about how God will use you to shape our future. The church sanctuary is open

every Sunday afternoon for prayer as well. We always invite and encourage your input and ideas. Thank you for being part of this important journey in the life of our church. We certainly feel your support! Members of the committee are: Kevin Barham, Mike Harris, Ruth Ann Long, Sara Powell and James Smith.

God of grace and God of glory,
On Your people pour Your power;
Crown Your ancient church's story,
Bring her bud to glorious flower.
Grant us wisdom, grant us courage
For the facing of this hour.

In Christ,
Kevin Barham, Chairman



Paul Barham works on roofing on the Caddell Street house.



FBC participates in the Northern Wake Coalition Habitat for Humanity build on Caddell Street in downtown Wake Forest.



At right, James Smith and Bill Allen work on the Caddell Street house interior.

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Worry continued ...

of the other one. I read about a man who saw a Bassett Hound running beside a car. At first, he thought he was chasing the car. But then he realized he was on a leash and somehow it became caught in the car's door without his owner knowing and he was running as fast as his short legs would take him trying to keep up. It was obvious he was losing. You may feel like that Bassett Hound: putting your feet down and taking them up every day all day long but not really getting anywhere. So, what do you do? You worry.

Other people worry about their health. Day in and day out they track the medications they take and their vital signs. Some people worry about money. Will their money run out before they die? You can add to the list your causes of worry.

One of the things I do when I am tempted to worry is turn to Psalm 91. The writer began:

*He who dwells in the shelter of the Most High
Will rest in the shadow of the Almighty.*

*I will say of the Lord, "He is my refuge and my
fortress, my God in whom I trust."*

Here is a story that may help you turn to Psalm 91 when worry attacks you and you can't shake it off.

When the United States entered World War II in 1941, Jimmy Stewart, the Hollywood actor, enlisted in the Army Air Corps and prepared to go overseas. Stewart's father, Alex, choked up when he tried to bid him farewell, so he wrote a note for his son to read. After being shipped out, Jimmy read the words his father had been unable to say aloud:

My dear Jim boy: Soon after you read this letter, you will be on your way to the worst sort of danger. Jim, I'm banking on the enclosed copy of the 91st Psalm. The thing that takes the place of fear and worry is the promise of these words. I am staking my faith in these words. I feel sure that God will lead you through this mad experience. I can say no more. I only continue to pray. Goodbye, my dear. God bless you and keep you. I love you more than I can tell you. Dad.

As a veteran of the Spanish-American War, Alex knew the comforting power of Psalm 91:3-5 for those preparing for battle. *Surely, he will save you from the fowler's snare... You will not fear the terror of the night, nor the arrow that flies by day.*

Jimmy Stewart returned home a decorated war hero, unharmed even though his record included 20 combat missions. During the height of battle, Stewart said he learned to lean on the words of his tattered copy of Psalm 91, especially verses 1 and 2, which speak of God as a refuge and fortress.

Upon returning home, he told his father: "What a promise for an airman. I placed in His hands the squadron I would be leading. And, as the psalmist promised, I felt myself borne up."

Next time worry stalks you like a cat after a bird, open your Bible to Psalm 91 and read the great promises of the writer of antiquity.

— Tom Jenkins

Event Calendar

June 4-8 — Vacation Bible School 6-8 PM

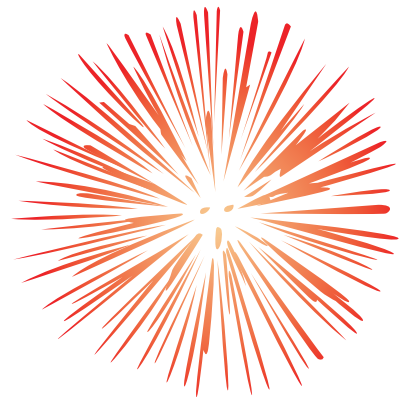
June 9 — Men's Fellowship Breakfast 8 AM

June 11 — Deacons' Meeting 7 PM

July 4 — Independence Day Celebration 6 PM

Children and Youth Education Important Dates

- **June 4 – 8** at 6-8 pm:
Vacation Bible School.
Ages 3-12. Volunteers
needed! See Paul Barham
if you can help.
- **July 4th** at 6 pm: Inde-
pendence Day Celebra-
tion. Free dinner, games
and fireworks. All ages.





Falls River Girl Scouts and FBC Youth volunteer at Baptist Children's Home Friends of Children Workdays in Broadway, NC. Back from left, Mindy Barham, Amy Norris and Paul Barham. Front from left, Rori Drabek, Brook'Lyn Ramey-Carr, Erica Barham and Naomi Horton.

Missions Corner continued ...

July:

- School Supply Drive for Raleigh Rescue Mission. FBC will collect backpacks (new or gently used) and school supplies such as pencils, pens, paper, crayons, glue, erasers, binders, etc.

— Mindy Barham



PJ Barham does landscape work at the Baptist Children's Home Friends of Children's Workdays in Broadway, NC.

June Birthdays

- 2 Anne Young
- 4 Shelby Hammons
- 5 Shirley Tart
- 7 Johnny Fonville
- 9 Elizabeth Jackson
- 12 Polly Jenks
- 14 Chris Barham
- 15 Denise Norton
- 16 Kathy Carr
- 17 Nora Joy Hammons
- 23 Ryan Watkins
- 26 Yvonne Hudson
- 28 Tommy Brown
- 29 Earl Creech
- 30 Teresa Doman



Deacons

- | | |
|-----------------------------|--------------|
| Linwood Barham, Chairman | 919-418-1162 |
| Frank Powell, Vice Chairman | 919-604-1285 |
| Julie Allen, Secretary | 919-274-7160 |
| Tommy Brown | 843-446-6540 |
| Alan Watkins | 919-793-5548 |
| Brandon Long | 252-903-4662 |

Life continued ...



proach of old age abound, a slowing pace in our walk, slips of memory, missteps on the way to the kitchen, the missed words spoken to us, and a few aches and pains. That's the way God intended for it to be. That's the cycle of creation, from birth to death. That's why God created us with a longing in our hearts for something more. That's why he gave us Jesus Christ. Through him we have the gift of an everlasting life that knows no boundaries. As the Apostle Paul said, "to be

absent from the body is to be present with the Lord." Since I have been ministering among you at Falls, we have walked the lonely trail to the cemetery and buried some of our members and dear family members. We know, however, that they are at home with the Lord; death claimed them for a moment of transition. Beyond the shadow, they saw Jesus Christ "face to face." So, it shall be for us all someday.

Now, don't misunderstand me. I'm not anxious to go. I have a lot more living to do. I still have work to do for Falls in my time with you, however long that may be. The next bus I want a ride on is not the one leaving for heaven but the one to Amish Country in July. I am not as fast as once I was; but I am still moving. And for the present I am on a journey with you and we will walk it together until God calls us home.

— Tom Jenkins

Congratulations To Kaleigh Young

Kaleigh Young will graduate with distinguished honors from Wakefield High School on June 13. We are very proud of her great success and accomplishments! We will hold Kaleigh in our prayers as she prepares for her college career at UNC-Chapel Hill in the fall. Let us congratulate Kaleigh on this great milestone in her life!



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