

*A Church that equips you to be  
faithful & fruitful.*



Well, it's allergy season again -- but in Texas, when it is not allergy season?! The beautiful budding trees & flowers also means a bountiful bunch of nose & eye irritants. Ever wonder what snakes take to combat their allergies? Anti-hissss-tamines of course! What kind of chips suffer with allergies? Nachos. There was a small arachnid that complained about its allergies -- it was an itchy bitsy spider.

Allergies can cause us to alter our choices, behavior, and activities. So can spring-time stress. With busy spring calendars and increasing time demands, stressors can severely impact our life, our choices, behavior, and activities. It is therefore very important that we learn to mitigate our stress. How do you

deal with stress? Some say exercise is the key. Others point to our diet, sleep habits, or breathing methods. All those (and more) are helpful, but let me suggest one key item -- seeking God.

Ps.46 has been called a "stress soother" -- consider how to use our stress to grow and depend on God.

Vs.1-3 tells us how natural phenomenon can cause stress, but vs.1 is the answer -- *God is our refuge and strength, a very present help in trouble.*

Vs.4-7 tells us that civil disturbances can cause stress, but vs.4-5 is the answer -- His *holy habitation...shall not be moved* (literally "shook up").

Vs.8-11 says that post-battle fatigue can cause stress, but vs.10 is the answer -- *Be still and know that I am God* -- i.e. -- stop your striving and focus on God!

A side note -- apparently this psalm was the inspiration behind Martin Luther's famous hymn, *A Mighty Fortress*. Feeling a bit too stressed? As you seek the Lord, find a copy and, along with Ps.46, read it...very slowly...

Don't be too stressed over the events for May, but there are several important ones!

\*Sunday, May 8 is Mother's Day -- and guys, we have help for your lunch that day -- a dessert auction fundraiser for our student ministry -- come with cash in hand!

\*Sunday May 15, our Outreach Leadership Team (OLT) will have lunch together and meet for a bit.

\*Sunday, May 22 will be a *First Steps* New Member Training for those new to our church family, those considering joining with us, or for those wanting more info about FBCA! Join us during Bible Study time in the worship area at 9:30AM.

\*Also on Sunday, May 22, AHS Baccalaureate Service at FBCA at 6PM. We could use a few "host / hostesses" to make our graduates, families, and guests feel "at home." Our own Coach Jeff Dixon will be guest speaker!

Living with stress managed by Jesus,  
Pastor Wade

## CHURCH EVENTS

- **May 8** Mother's Day Youth Bake Sale
- **May 15** Outreach Leadership Team Luncheon after Service
- **May 22** First Steps, New Members Class—during Sunday AM Bible Study
- **May 22** AHS Baccalaureate 6 PM FBCA
- **May 30-June 4** Youth Camp

## Should I attend the First Steps, New Member Class?

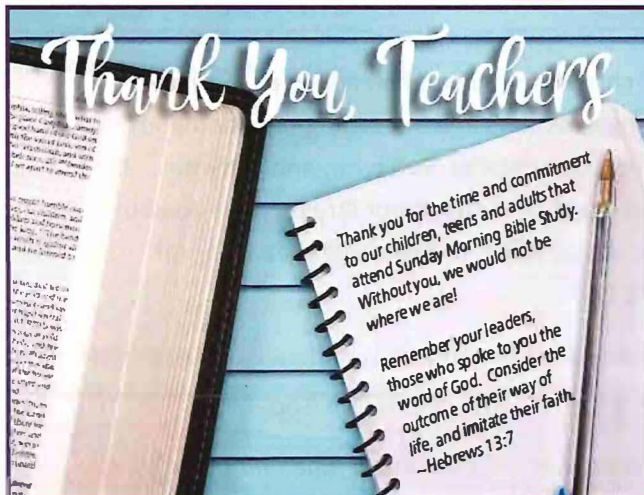
If you can answer yes to one or more of these questions then please join us Sunday, May 22 at 9:15-10:15 in the main worship area.

- Am I a new member?
- Have I been thinking about joining?
- Do I have questions about the church and what it believes?



## FINANCIAL UPDATE: (5/3/2022)

|                                |              |
|--------------------------------|--------------|
| Current Checkbook Bal          | \$84,124.48  |
| Designated Funds Bal.          | \$15,196.79  |
| Total Available Funds          | \$68,927.69  |
| <hr/>                          |              |
| 2022 YTD Total Giving Received | \$140,238.93 |
| 2022 YTD Total Giving Needed   | \$122,514.66 |



### FBCA Educational Ministry Volunteers

|                        |                             |                               |
|------------------------|-----------------------------|-------------------------------|
| <b>Adult Teachers:</b> | Kay Murdock                 | Melissa Cross                 |
| Bobby Sowers           | <b>Spanish Ministry:</b>    | Carrie Perkins                |
| Danny Stout            | Miguel Un-Sanchez           | Tara Monroe                   |
| Garen Evens            | Jose Alvarado               | <b>Babies &amp; Toddlers:</b> |
| Jeff Dixon             | <b>Student Ministry:</b>    | Kelly Baxter                  |
| Jr Rayburne            | Nicole Wheat                | Edwina Cherry                 |
| Steve Tucker           | Jacob Wheat                 | Dianna Roseberry              |
| Jimmy Murdock          | Marissa Wheat               |                               |
| Vicki Range            | Sammye Little               |                               |
| Jill Stout             | <b>Children's Ministry:</b> |                               |
| Darlene Tatum          | Brandi Price                |                               |

Hello everyone! I have enjoyed serving the Lord through leading worship. I am very thankful for our team and the hard work and effort they put into the service every week. As we look to the future, there are some things I would like to incorporate into our worship. The first is congregation involvement. If you would like to volunteer to read scripture or pray during the service, please email the church office or catch me during church! The second is song suggestions or scripture recommendations. I love to learn about new songs, so if there is one that you love or feel the Lord calling you to recommend, let me know! I look forward to worshipping with you!



Marissa Wheat

**VBS 2022 WILL BE HERE SOON!**  
**June 20-24 9:00 AM—Noon**



See Scott if you would like to help in the planning process and if you would like to volunteer.

May 30 - June 4



**FBCA**  
STUDENT MINISTRY

CAMP COST IS \$245

WHERE: LATHUM SPRINGS, TX

ADULT SPONSORS: JACOB WHEAT, JR RAYBURNE,  
NICOLE WHEAT & MARISSA WHEAT

IF YOU WOULD LIKE MORE INFO ABOUT CAMP PLEASE CONTACT THE CHURCH OR ONE OF OUR SPONSORS.