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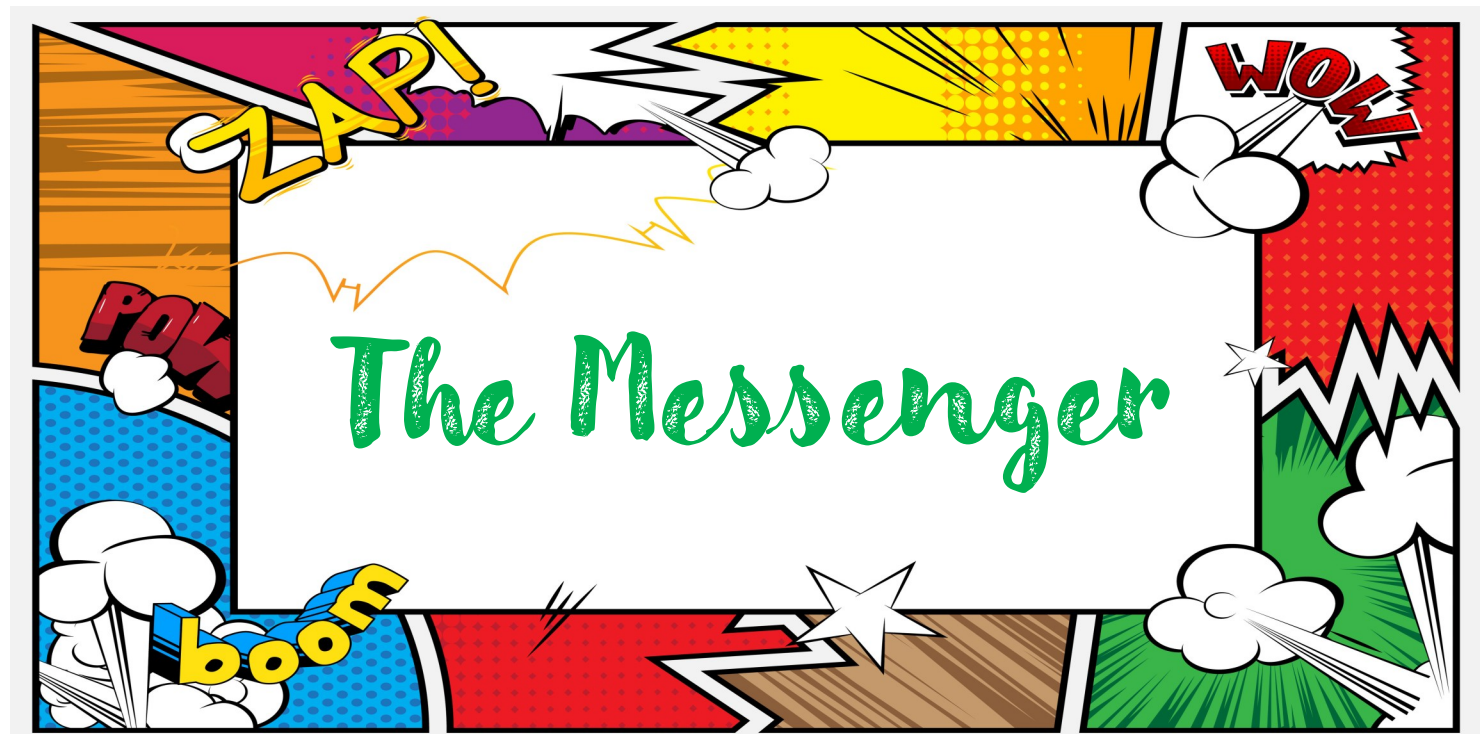


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MONTHLY NEWSLETTER OF GROVE PARK BAPTIST CHURCH | AUG 2025

It does not seem possible that an entire year has lapsed since a gall bladder attack triggered my current health journey, but here we are. I have been reflecting on the last year recently and thought I would share a couple of insights that may be beneficial to you. First, never underestimate the power of fear. I confess, as someone who has struggled with massive anxiety issues for the better part of my life, I thought I understood fear. My anxiety has always caused me to view fear negatively. I have learned over the last year, however, that fear has positive attributes that I can harness for good. The fear of another gall bladder attack and my deep-seated aversion to severe pain have empowered me to make what once would be unthinkable dietary changes. Yes, I would love a hot dog dripping with mayo and chili, but fearing the pain that would accompany that momentary indulgence is sufficient to cause me to abstain from that delicacy. It occurs to me that I often allow fear to render me powerless when it should simply be the force that enables me to do more. If it fails to accomplish that movement, I must wonder whether I truly fear what troubles me, or am I simply making excuses for inaction?

Secondly, my dietary changes have resulted in some significant weight changes, as you might have noticed. I confess it has been difficult maintaining a wardrobe that fits me. I quickly learned that what fits today probably will be too large in another month, and that speed surprised me immensely. The cumbersomeness of what once fit perfectly but now is too large was not something I expected. This reality is applicable on a multitude of fronts. We often hold fiercely to expectations and traditions that once fit but now are too large or too small for reality. I find that this is frequently the case in church life and family systems. The truth is that we feel better and look better when we embody what actually fits rather than trying to make something work that no longer does. The ever-changing reality of the role of the church in society and the scope of churches' capabilities and capacities in their communities necessitates a firm grasp of this truth. We should frequently evaluate whether our mindsets and procedures fit our actual size, or whether they are too large or too small. Such work is difficult, but the health benefits that accompany it are worth it, I promise. God will grant us wisdom to discern reality and the power to do it if we but ask, which is also something that has been reaffirmed over the last year.

Grace Abounds,  
Marc

## UPCOMING EVENTS:

Sundays	5:00 p.m.	Family Night
Mon., Wed., Thurs.		Devotional on Facebook Live
Tuesday	7:00 p.m.	Bible Study
Wednesdays	6:30 p.m.	Facebook Prayer Meeting
	7:00 p.m.	Zoom Prayer Meeting
	7:00 p.m.	Choir Rehearsal (unless otherwise noted)
Thursdays	7:00 p.m.	GPBC Book Club
Friday, August 1	6:00 p.m.	Vacation Bible School
Saturday, August 2	9:00 a.m.	Vacation Bible School
Sunday, August 3	3:00 p.m.	Deacon Fellowship
Wednesday, August 6	Noon	ROMEOS
Tuesday, August 11	7:00 p.m.	Bible Study Resumes
Sunday, August 17	6:00 p.m.	Quarterly Church Conference
Monday, August 25		ABSS Classes Begin
Sunday, August 31		Deacon Sponsored Brunch



Recently, someone asked me what Happiness Retreat was all about, and I responded it's a good mix between a Vacation Bible school and an old-fashioned church revival. We've been going for twenty plus years, so going to Happiness Retreat is like visiting old friends! The love shown between the counselors, campers and chaperones is unbelievable.

On the first day, we arrive in time for a delicious dinner, then singing, vespers and one of the most favorite events --the talent show. Such talent you wouldn't believe. Singing, dancing, skits, comedy routines! So much fun!

We start our second day with a hearty breakfast, then the campers go to class, and the parent/chaperone group meets to discuss the topic of the day. That afternoon, we are offered a variety of events such as swimming, archery, bells, creative movement, dance and puppets.

On the second night after dinner, we attend an inspiring vespers program with wonderful singing of God's praises. Afterwards, the room is cleared for the big dance complete with live music from the Happiness Band. Before bedtime, we have a snack of ice cream or popcorn. After a very full day, we are all ready to turn in!

Our last day consists of the campers finishing up their crafts and a final lesson. After lunch, we all assemble to watch a montage of pictures taken of the campers throughout our stay. Everyone loves pointing themselves out and oohing and awing at the pictures of themselves and our friends!

We are extremely grateful to be afforded this opportunity to attend Happiness Retreat. Witnessing our folks going forward for prayer with the counselors and professing their love of Jesus never gets old and always solicits a few grateful tears that our loved ones know Jesus and walk just a little closer with Him having had this experience.

Jan Bouldin



**Deacon Breakfast/Brunch**

Join us, Sunday, August 31 for fantastic food and fellowship when the Deacons host a breakfast/brunch after our morning service. Everyone is invited but we do ask that you sign up on the sign up sheet located on the bulletin board.

*Our New Bible Study will resume Tuesday, August 12th. We will be studying the book of Isaiah.*

**WHS Feed The Team**

September 5  
September 19  
October 3  
October 17

**Deacons on Call (August)**

7/31-8/3	Mike Bouldin
8/7-8/10	David McMillan
8/14-8/17	Dr. Matthew Byrd
8/21-8/24	Marian Brewer
8/28-8/31	Bob Webster

**August Birthdays**

Erle Medford	August 03
LaRae Bolick	August 04
Mark King	August 04
Dee Noah	August 10
Lynn Murchison	August 17
Bunnie Overby	August 17
Danny Overby	August 17
Steve Williamson	August 18
Arnetta Petty	August 19
Michelle Toy	August 19
Jackie Patillo	August 21
Jesse Medford	August 23
Krissy Szczepanski	August 26
George Owen	August 27
Frances Willets	August 27
Pat Thompson	August 28
Bernice Crenshaw	August 31
Makensie Byrd	August 31

