



The Visitor

MARCH 2019

Early Spring

One of my favorite movies is the 1993 movie entitled *Groundhog Day*. Each year, we watch it in early February. This year, we gathered around the TV on February 2nd for our annual viewing. This year, our family discussed the *real* event in Pennsylvania. According to groundhog.org, Punxsutawney Phil did *not* see his shadow this year. Perhaps we are in for an early spring. Levi informed me that Phil is only 40% correct in his predictions. Either way, spring will begin in March.



As you will read in this edition of the Visitor, much is happening in and around First Baptist. We begin the Lenten season the first week of the month and make our way toward Easter. Whether Phil is on target or not this year, we will look forward to this new season in the life of our church.

Worship Schedule

- ▷ March 03 - Transfiguration (Matthew 16:24–17:8)
- ▷ March 10 - Forgiveness (Matthew 18:21–35)
- ▷ March 17 - Follow Me (Matthew 19:16–26)
- ▷ March 24 - Generosity (Matthew 20:1–16)
- ▷ March 31 - Lamentations (Lamentations)

Camp Tippy

Camp time! It is time to register for camp. All registrations need to be in by May 1. Online registration link <https://abcin.campmanagement.com/enroll> or call Shirley at 282-0632 for more information or questions.

Forms are also available at the church. Please let Shirley know if you have a child going as the church pays half of the camp fee. Camp Tippy is located in North Webster Indiana.

Sunday Morning Study

Are you looking for a good way to connect with other adults on Sunday mornings? James Heimlich leads a great Sunday School class during the first-service hour! This group, which meets in the Bride's Room, includes adults of all ages and has a welcoming discussion format. If you attend second service, take a Sunday or two to come earlier and try it out.

Spring Breakfast

A spring breakfast will be served on **Palm Sunday, April 14**, at **9:30 AM** in the lower auditorium. No youth or children's Sunday school will be held on this day. We will gather for a **combined worship service at 10:45 AM**. If anyone is interested in helping please call Barb Campbell at 765-722-0703.

Attitude Adjustment

by Julie Davis

I had my first panic attack during my senior year in college. I was in the library at my university, and I remember feeling like I couldn't breathe. It seemed like all the books were closing in on me, and I was desperate to get out of the building. I had dealt with anxiety off and on for several years—badly enough toward the end of my time in high school that my parents decided to put me in counseling. And counseling helped. Having a regular time of reading the Bible helped. Continuing to focus on activities where I knew I excelled—and avoiding those where I thought I might fail—helped. *I could manage.*



Even after this attack as a college senior, I still seemed able to get along fine most of

the time. Over the next twenty years I made improvements to my diet, exercised more regularly, prayed for help. Yes, I still had the occasional panic attack, but they were *occasional*. Yes, I still dealt very regularly with anxiety—still let it influence whether I took risks, whether I retreated—but I didn't feel like my life was unmanageable. Did I have trouble breathing sometimes? Yes. Did my heart race? Yes. Could I deal with it? I was sure I could.

On October 1, 2013, my father-in-law died after a risky heart surgery. My mother-in-law began a routine of traveling to our house from Pennsylvania almost every month to grieve his passing on the first of the month.

In November, a trusted professional with whom we'd had a twenty-year business relationship made suggestive comments to me and started sending me money in the mail. In December, a couple with whom we'd been close friends for two decades suddenly split up. The man, who was Clif's best friend, stopped speaking to us.

In January, we found out our health insurance was going to end in April. My oldest child started her last semester of high school. My mother-in-law was still coming to grieve regularly at our home, which was a safe place for her.

In February, we found out Clif would lose his job in May.

By March, many days of the week I found myself short of breath. I had had several panic attacks over recent weeks—a couple of them occurring in public and requiring me to walk off the platform at church. My parents knew I needed a break. They invited the kids and me (Clif's school semester didn't line up) to go with them to visit my brother in Virginia Beach. It really was a great break. I could breathe again. Problem was, as I drove closer and closer to home, my anxiety and dread for what awaited me in Indiana simply escalated. At one point, approaching a bridge in West Virginia, I thought, *I could just drive off the bridge. I wouldn't have to do this anymore.*

My eyes shot to the rearview mirror, where I saw Ian—the only other passenger in my car at the time. *No, I don't want Ian to die.*

Three days later, I broke out in shingles.

Okay, I got it now. I desperately needed help. But what could I do? Prayer was already an integral part of my days. I was already watching my diet and exercising. I had been back in counseling since around the time of my father-in-law's death. At my counselor's urging, I had implemented a long phone call once every three weeks with a trusted friend whom I could tell basically everything.

You know, there's another option out there . . .

“Right, Lord—meds. But that's for other people.”

Whoa. Wait a second. *Who in the world did I think I was?* If a person who'd just considered driving off a bridge didn't need an anxiety med, who did??

Well, apparently not me! I had marvelous *coping skills* that would get me through just fine. As evidenced by the shingles blisters that a ran a trail from my left ear to my collarbone.

The mirror that the Lord held up for me in that moment was incredibly useful. I had been blind. The root of anxiety was deep in me, sure. But what I had not seen was that the root of pride went deeper. It was an affront to my pride—to my sense of who I was as a person—to consider a medical tool for the situation I'd found myself in. It didn't matter that I believed the Lord approved of that tool, or that I believed that tool was helpful for other people. What flourished deep inside me was the belief that I was "above that." Even as I write the words, I know how ridiculous that sounds. I wasn't above taking a plethora of meds for my allergies—and I was taking two antiviral meds for shingles at that moment!—but somehow, I thought I was too good to need a mental health med.

Weary but wiser, I dragged my broken body and mind back to my doctor's office. I admitted—finally—that I needed more help to address the anxiety brought on by the onslaught of circumstances in recent months. It wasn't easy for me to ask, and it wasn't a "quick fix." I tried three different medications before I found something that helped me.

Meanwhile, Clif's job at our previous church had ended and our ministry at First Baptist had begun. The embracing love of the people of First Baptist began healing me in other ways. I continued making healthy physical choices and having regular phone conversations with my friend. And after much trial and error, once my doctor and I found a medication that worked, I took it as prescribed.

I still deal with anxiety more than some people do. It's part of my personality, I guess. But by God's grace, I don't have panic attacks anymore. More importantly, I have a truer understanding of who I am: a human being who will experience human weakness that is beyond her ability to "fix," a child of God who knows pride will be the root of many of her issues, a servant who can humbly accept and implement any tool the Master offers for living an abundant life.

Do you have a story of how God showed you truth about yourself? A story of how God showed you truth about *Himself*? The story you just read is the length we're looking for in The Story Project. Please, tell us your story! We want to learn from God's work in your life.

America for Christ Offering

"Healing Communities" is this year's theme for America for Christ. This theme is based on Galatians 6:9–10. *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of the believers (NIV).* During the month of March, First Baptist Church will be collecting freewill financial donations during our Sunday worship services. Giving envelopes will be located in the back of each church pew and can be placed in the offering plates during the service. Your gracious donations will be sent to America for Christ and will impact thousands of people through various ministries: disaster relief; prisoner reentry programs; immigration; refugee resettlement;

public witness and advocacy; resources that equip Christian leaders; chaplains who bring comfort to those who are ill; rebuilding, restoring, and renewing Puerto Rico; scholarship funds for emerging leaders; and so much more. I do hope you will consider giving to help such a wonderful organization that our church has decided to support. *Brian Green*

The Story Project Workshop

Has something happened in your life that you know is a “God Thing”? How have you seen God work in your life and the lives of those in your family? By now many of you know about the year-long project First Baptist is doing to collect and share stories of how God is working in our church. But sometimes writing your story can be hard. Feeling like you don’t have a story to tell, getting bogged down in the details, or simply never finding the time to sit down and write are problems that a lot of people face when trying to write their story. Come to the lower auditorium area of First Baptist Church on **Saturday, March 16**, from **9:00 AM to 12:00 PM** for The Story Project Workshop. We can help you answer these questions and more on that day. We will have people who can help you with your story no matter what stage it’s in. RSVP for the workshop by calling the church or through Planning Center at <http://bit.ly/fbcstory> by **March 10**. Come write your story with a community of people in whom God is working!

Easter Candy

It’s hard to believe, but it’s that time of year already! Easter is right around the corner, and we are in need of candy donations for our annual children’s Easter Egg Hunt! Please drop off your candy donations to the church office anytime between now and **April 7th**. Thank you! – The Children’s Ministry Team

Thank You Notes

Joyce and Dave Cross – Thank you, Wade, for your prayers for me and my family. Thanks to all of you who filled in nursery for us. Many thanks and appreciation to all of you who provided food for us for a few weeks after my surgery. The food was delicious. Thanks to FBC for all your prayers. I am getting closer to the healing process after five months. Prayers are still needed. Also, thank you for the card you sent. Thank you for the beautiful Thanksgiving basket and also we appreciate the gift from Christmas. We are truly blessed and thankful for our FBC Family. You all are a blessing to us always.

Shirley and Jay Pittinger – Dear Church Family, We thank you for all of the caring and prayers during Jay’s surgery and following. He has a long way to go but we are confident that he will be well and active again. We appreciate the cards, prayers, food and that you are special to us. In spite of all we’ve been through, every day was a blessing. God has walked every step with us. We couldn’t do it alone. Love to all.

Visitor or Bulletin Information

If you would like an announcement in the April Visitor, please email it to wade@fbcmuncie.org by **Sunday, March 17**. You can also email articles for the weekly bulletin by Tuesday of each week.

March Birthdays

We would like to say Happy Birthday to the following people in the month of March. Please let them know that you are thinking of them on their special day.

03/05 - Barbara Campbell	03/19 - Mavery Sims
03/05 - Ellison Jo Ingram	03/21 - Adam Fink
03/06 - Adalyn Cummins	03/21 - James Petroviak
03/06 - Kaleigh Sheahan	03/21 - Wade Allen
03/08 - Emma Thurston	03/22 - Bob Ratchford
03/08 - Renee Pierce	03/22 - Matthew Fink
03/09 - Andrew Dawson	03/24 - Cindy Hershman
03/12 - Nina Oisten	03/24 - Ian Reid
03/13 - Effie Massoth	03/24 - Jan Armstrong
03/13 - Julie Kirklin	03/24 - Susan Randolph
03/13 - Ray Bayer	03/25 - Harper Rodriguez
03/15 - Louise Head	03/26 - Alexis Johnson
03/16 - Jon Kern	03/26 - Dan Lemen
03/17 - Alaina Reed	
03/19 - Mason Sims	