

# *The Current*



*Stones River Baptist Church*

*February 2012*



# A Word from Brother Oscar

## Psalm 77

*“<sup>1</sup>I cried unto God with my voice, even unto God with my voice; and he gave ear unto me. <sup>2</sup>In the day of my trouble I sought the Lord: my sore ran in the night, and ceased not: my soul refused to be comforted. <sup>3</sup>I remembered God, and was troubled: I complained, and my spirit was overwhelmed. Selah. <sup>4</sup>Thou holdest mine eyes waking: I am so troubled that I cannot speak. <sup>5</sup>I have considered the days of old, the years of ancient times. <sup>6</sup>I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search. <sup>7</sup>Will the Lord cast off for ever? and will he be favourable no more? <sup>8</sup>Is his mercy clean gone for ever? doth his promise fail for evermore? <sup>9</sup>Hath God forgotten to be gracious? hath he in anger shut up his tender mercies? Selah. <sup>10</sup>And I said, This is my infirmity: but I will remember the years of the right hand of the most High. <sup>11</sup>I will remember the works of the LORD: surely I will remember thy wonders of old. <sup>12</sup>I will meditate also of all thy work, and talk of thy doings. <sup>13</sup>Thy way, O God, is in the sanctuary: who is so great a God as our God? <sup>14</sup>Thou art the God that doest wonders: thou hast declared thy strength among the people. <sup>15</sup>Thou hast with thine arm redeemed thy people, the sons of Jacob and Joseph. Selah. <sup>16</sup>The waters saw thee, O God, the waters saw thee; they were afraid: the depths also were troubled. <sup>17</sup>The clouds poured out water: the skies sent out a sound: thine arrows also went abroad. <sup>18</sup>The voice of thy thunder was in the heaven: the lightnings lightened the world: the earth trembled and shook. <sup>19</sup>Thy way is in the sea, and thy path in the great waters, and thy footsteps are not known. <sup>20</sup>Thou leddest thy people like a flock by the hand of Moses and Aaron.” KJV*

Depression is real, affects many people year round and we are starting the month known for being the most depressing of all. Aside from the cold, the clouds, the darkness in late afternoon, there are the credit card bills from Christmas, the letdown from the holidays, and finally, the broken resolutions, which by now have fallen thru the cracks.

Most of us know what depression is, and few can claim that they have never experienced depression of some kind. Certainly, the psalmist was depressed when he wrote Psalm 77; and since he knew what depression was, and we know it too, we can base this on two books, the Book of God and the Book of Human Experience.

What gloomy and depressing reading this psalm makes! Have you ever felt like verses 2, 3 and 4? Have you ever said verses 7, 8 and 9?

### **Here's 4 causes of depression from Psalm 77:**

(1) A morbid, pessimistic outlook.

In verse 2, the psalmist "refused to be comforted". Some people are full of pessimism, always thinking and speaking in a "minor key", "enjoying bad health"! As Christians, we should cultivate optimism and refuse to dwell on the dark side of things. What right have we to be pessimists?

(2) An offending conscience.

In verse 3, he tells us that in his depression he "suddenly remembered God and was troubled". Evidently, he did not have a conscience "void of offence" (Acts 24:16). There was something between himself and God. Is there anything between us and the Lord?

(3) Too much unhealthy introspection.

In verse 6, the psalmist says, "...my spirit made diligent search." Many of God's people are spiritually, mentally and physically ill because they keep looking at themselves! You see, looking around brings discouragement. Looking within brings depression. But looking up brings delight, and looking forward brings us direction!

(4) Leaving God out.

Look at verses 7-9. He keeps thinking about the Lord, but not talking to Him. Prayer is the last thing you want to do when depressed...but it's the most important need you have at that very moment! This is the all inclusive reason we stay depressed; we fail to call on the presence, power and provision of our wonderful Lord.

### **And here's 4 Cures:**

These are spiritual cures that can have impact on depression of any kind. However, clinical depression is not necessarily a spiritual problem. The brain is an organ just like your heart or kidneys, and can have problems just as they can. Please see a qualified medical advisor about this if the cures below do not seem to fix the big problem for you. If you feel fine, consider this: Prevention is important! Try to lead a regular, healthy life, to get the right amount of sleep, relaxation, exercise, fresh air, and plenty of work too! Seek to live an all-around balanced life to the glory of God. However, should depression descend upon you:

(1) Admit and confess it at once.

Look at verse 10, "this is my infirmity..." Depression is not a sin, though staying under it may be; it is a weakness, and we must not pretend it does not exist. If it comes, admit that it is there just as Paul did with his infirmity. 2 Cor. 12:9-10.

(2) Seek God "in the sanctuary."

And remember, His way is not only in the sanctuary, verse 13; it is also in the midst of your difficult circumstances, wherever you are. [verse 19] He is with you there!

(3) Encourage yourself in the Lord.

Read verses 10, 11, 12 and 14, and do what David did in 1 Sam. 30:6.

(4) Testify to others of the Lord's doings.

See verse 12, this will soon banish depression! The Lord will help you, not just to feel better, but so you can help others!

By His grace, for His glory,  
Bro. Oscar

**From the Desk of Joe Clark...**  
**(SENIOR ADULTS MINISTER)**



**“A new commandment I give unto you, That you have love one another; as I have loved you, that you also love one another.” John 13:34**

February is known as the love month. We have just celebrated one of the greatest expressions of love this world has ever known as we celebrated the birth of the Lord of love, Jesus. This event brought a new meaning of the word love, for no longer was it an expression of human compassion or romantic attraction, but this four letter word L-O-V-E was moved to a new level.

Remember that love spoken is just a word, but love expressed through acts of kindness and compassion is more than a word. It is the living evidence of the Christ within each of our hearts. I want to encourage each of you to practice loving, not with limitations but with an endless unqualified love.

As we celebrate the month of love, I want to share some exciting information with you. Did you know that we have 13 couples at Stones River Baptist that have been in love and have been married for over 50 years?

- Ralph & Sara Marcus – 69 years**
- Rod & Lynn Roth – 65 years**
- Earl & Leose Grisham – 61 years**
- Bob & Doros Mosley – 61 years**
- Denny & Carolyn Taylor – 60 years**
- John & Loyce Adkerson – 59 years**
- Grady & Virginia Anderson – 58 years**
- Bruce & Julie Ball – 58 years**
- Jack & Carolyn Bell – 58 years**
- Richard & Flo Poe – 56 years**
- Horace & Pat Heath – 55 years**
- Ken & Ann Myers – 55 years**
- Jack & Sallie Statham – 55 years**
- Alton & Barbara Lang – 54 years**

We would like to congratulate these couples for their love and devotion to each other over these many years. You have set an example of what true love should be.

I look forward to seeing you, your family and friends in each service during this month of love. Let us dedicate the month of February to Jesus as we practice loving one another that the world might be drawn to the love of Christ. Betty and I love you with a very special love as your Senior Adults Minister and Director. We will look for you as we worship the one who loves us so, JESUS!

Bro Joe



# News from Betty Clark...

## (Director of Senior Adults/ Church Activi-

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself.' There is no commandment greater than these." Mark 12: 30 - 31

### **Love Letters to Live By**

Valentines are love letters with simple statements of affection. I would like to give you a valentine to explain as fundamentally as possible what love really is. One basic definition of love, as a verb, is "to value." Love should be a verb, not a noun or adverb. Love is an active emotion. It is not static. Love is one of the few experiences in life that we can best keep by giving it away. Love is the act of demonstrating value for and looking for the good in another person.

L - is for Listen. To love someone is to listen unconditionally to his or her values and needs without prejudice.

O - is for Overlook. To love someone is to overlook the flaws and the faults in favor of looking for the good.

V - is voice. To love someone is to voice your approval of him or her on a regular basis. There is no substitute for honest encouragement, positive "strokes" and praise.

E - is for Effort. To love someone is to make a constant effort to spend the time, to make the sacrifice, to go the extra mile to show your interest.

### **UP COMING EVENTS:**

#### **Adult Valentine / Mystery Banquet**

The adult Valentine / Mystery Banquet is schedule for Saturday, February 11th at 6:00 pm. Everyone will enjoy a dinner that will be catered followed by a Mystery Play (we need to solve who done it.) Child care will be provided. RSVP by February 5th. Look for more info, in the bulletin.

#### **Young at Heart**

On Friday, February 17th at 12:00 noon. Come and fellowship together and bring a friend. The menu is Pot Luck lunch so bring your favorite dish.

#### **Concord Senior Adults Meeting**

The Concord meeting will be on Monday, February 20th, at New Vision Church in Murfreesboro. If you need a ride, the bus will leave at 10:15 am. We will have a good time meeting other Christians from different churches.

#### **Prayer Shawl Ministry:**

The Prayer Shawl Ministry meets every Tuesday at 10:00 am at the church. They are meeting upstairs in the Bride's room. This Ministry has made and given 308 Prayer Shawls in 2 years. This is a wonderful ministry that has changed lives and touched many. We would like to thank each of you that have had a part in this. You may not have had hands on this project, but I know you were in prayer for those that did knit & crochet. The ladies will be glad to teach those that might be interested. Beginning soon, Debbie Gill will be teaching us how to make Lap Quilts, for the nursing homes. Maybe, you would like to be a part of this. They will meet at the same time as the Prayer Shawl meets. We want to get as many of our church members involved in these ministries. Most of all putting others, before yourself. Again, if you can't come, you are asked to be a prayer warrior, or maybe you would want to donate some money toward this project. Just let God lead you in this matter. If you need more information, please see Margaret Utley.

I was asked to put a recipe in my article. If you have one you would like to share, please give it to me, as long as it's not too long, it needs to be short and simple.

#### **Spicy Crackers**

1 3/4 cup canola oil	1 tbsp parmesan cheese
2 tbsp red pepper	1 pkg ranch dressing mix
1 tbsp cayenne pepper	4 pkgs saltine crackers
1 tbsp garlic powder	

Mix all ingredients, except crackers. Pour ingredients over crackers. You can use a zip lock bag to do this. Flip every time you walk by it until it's well coated.

May God Bless Each of You,  
Betty Clark

# Musical Notes from Jerry

Well here we are in the second month of the New Year and a new era is beginning at Stones River Baptist Church. Many new challenges still face us.

Goals are a great thing and here is a list of music goals that can be reached this year.

1. Make the music program of our church meaningful and Christ centered.
2. To see a graded music program started.
3. To see every seat in the sanctuary choir loft filled.
4. To help start drama presentations that goes along with the Music program.

Just a reminder that music is very important and if you like to sing I would like to invite you to come and join the adult choir and if you would like to help in starting new choirs you are needed. We will need people to visit, furnish refreshments, etc, etc. If you would like to help please come and see me at any time to let me know what you would be interested in.

I want to take this opportunity to thank everyone that takes part in the music programs of our church because without you there would not be a music program at all. I also want to thank all of you that are in the sound booth because your expertise helps enhance our services. May God Richly Bless All of you.

Upcoming Events: Easter Music **“REMEMBER”**

Patriotic Music **“LIBERTY”**

**SOUNDS EXCITING, PLEASE JOIN US.**

Bro. Jerry



## Men on Missions



*Men's fellowship*

Gentlemen and Young Men:

Thanks for your involvement during January. We had 13 attend the Men on Missions breakfast on January 21st. Barney gave us a good lesson on behaving ourselves as godly men so that the world may know that we are “sons of the King of kings”. Also on January 28, we had 57 men attend the first annual Father and Sons and Friends Banquet. One man brought four generations of men with him. Pastor Oscar gave us a good challenge from Psalm 112. Your active involvement and excitement was shown.

This next month we will be changing the location of our breakfast on February 18<sup>th</sup> to the Shoney's on Lowery next to K-Mart since the other café has closed for now. We will be studying chapter 7 in the book Measure of a Man by Gene Getz and the topic will be “hospitality and how to live a generous life”. See you there!

Again, a thousand thanks to all who made this possible,  
David Virts

## MISSION NEWS FROM WOMEN ON MISSIONS

“Jesus said unto his disciples, the harvest is plenteous, but the laborers are few. Pray ye, therefore, the Lord of the harvest, that He will send forth laborers unto His harvest.”  
Matthew 9:37-38

March 4-11 has been set aside for the North American Annie Armstrong missions offering. The theme this year is "Whatever it takes." The national goal is 70 million dollars. Our goal is \$3,000 dollars.

We will show videos portraying some of the ministries that the missionaries have been called by God to do in North American and Canada and their territories. May each of us be inspired by their dedication, and challenged to partner with them through prayer and financial support so they can live out their calling and share the Gospel. Three out of four people in these areas do not know Jesus as Saviour. Let us give as God leads us because eternity is forever.

We owe the founding of the Women on Missions in 1888 to Annie Armstrong, and her dedication to the women interested in supporting missionaries, and doing hands on missions. She served as the first corresponding secretary until 1906 and died in 1938.



All ladies are invited to attend our Women on Missions meeting February 15 after the church supper in room 202.

God Bless, Julie



**\* THIS MONTH'S \*  
birthdays**



<b>Linda Brumley</b>	<b>2/2</b>
<b>Patsy Heileman</b>	<b>2/2</b>
<b>Jasper Milliken</b>	<b>2/5</b>
<b>Joe Clark</b>	<b>2/6</b>
<b>Doros Mosley</b>	<b>2/6</b>
<b>Lillian Turner</b>	<b>2/6</b>
<b>Ben Miller</b>	<b>2/7</b>
<b>Jennifer France</b>	<b>2/9</b>
<b>Sherrie Blackwood</b>	<b>2/10</b>
<b>Dawn Horton</b>	<b>2/11</b>
<b>Dillon Hughes</b>	<b>2/13</b>
<b>Ryan Crowder</b>	<b>2/13</b>
<b>Sarah Marcus</b>	<b>2/13</b>
<b>Shelton Joiner</b>	<b>2/14</b>
<b>Barbara Lang</b>	<b>2/14</b>
<b>Harriett Howard</b>	<b>2/19</b>
<b>Frank Smith</b>	<b>2/22</b>
<b>Terri Redding</b>	<b>2/26</b>
<b>William Gibson</b>	<b>2/28</b>
<b>Sarah Maroney</b>	<b>2/28</b>

<b>Jerry &amp; Jan Todd</b>	<b>2/3</b>
<b>Chuck &amp; Sarah Somerby</b>	<b>2/4</b>
<b>Bobby &amp; Neva Gronowski</b>	<b>2/16</b>
<b>Charlie &amp; Shirley Farlow</b>	<b>2/26</b>

**Mississippi Summer Mission Trip**  
 We are making plans for our annual Mississippi Mission Trip to Jackson County Mississippi (Pascagoula). The dates are June 2<sup>nd</sup>-9<sup>th</sup>. At this time, we do not know the name of the church where will be leading VBS. We will be using the "Amazing Wonders Aviation" material. The cost of the trip will be \$75.00 per person and is due by April 1<sup>st</sup>. We are in need of adults that enjoy sharing Jesus with children and youth. For more details, please Brother Joe.