



Family News

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Vol. 62 No. 29 – August 5, 2008

Freedom School was great!

We spent the week playing games, making crafts, singing songs with the instruments we made, and “Walking in the Way of Jesus.” The Freedom School program, which is a literacy-based program, provides a structured environment for children from grades K-8 during the summer. It gives them daily time to read and talk about their reading, as well as encouragement and some opportunities for fun. It’s a wonderful program, and its structure made it wonderful for our volunteers to step in and offer Bible school to the children.

There were MANY people who made such a good week possible. Ms. Maggie Dixon, the director of the program at Freedom School, was immeasurably helpful in offering guidance about planning the program. Sardis Baptist sent six volunteers on Wednesday, Park Road Baptist sent eight on Thursday, and Providence Baptist in Hendersonville sent six volunteers to Boiling Springs to help us watch the children at the Broad River. This Bible school would not happen without the volunteers from St. John’s, though, and here is the list of everyone who helped prepare, or who came to teach or help with crafts during the week:

Maggie Bond (pictures of all kids)
Anna Lynn Kearse
Wanny Hogewood
Betty Taylor
*Joyce Calloway
Hilda Outen
Margaret Falls
Blythe Taylor
Kathy Bragg
Monette Gossett
Melissa Kremer
Donna Morris
Dana Hearn
Amy Yearwood
James Laney
Jane Winn
Joy Jarrett
Hunter Andrews
Dan McClintock
Drew Hammond
Amy Hammond
Caroline Johnson
Phillips Bragg
Bill Finger
Linda Finger
Annie Peacock
Elizabeth Peacock
Dale Johnson
Ed Outen
Paul Huffman
Eva Lee
Davis Hammond
*Julie Hammond

*These two also worked VERY hard to plan our Bible school - Joyce did all the advertising and lined up volunteers, and Julie also lined up and organized

volunteers, along with planning the crafts.

Thanks to everyone for your hard work and thank you St. John’s for your support and prayers. The children at Freedom School spent Monday–Thursday hearing Bible stories and being loved. On Friday, they got the chance to swim in the Broad River and climb a 50-foot tower—a lot of self-esteem building went on that day! And in the midst of it all, our people were reading, teaching, hugging, laughing, getting wet, sweating, climbing stairs, finding supplies—and doing it all with joyful hearts. Thank you all for “Walking in the Way of Jesus!”

Martha Kearse

YOGA CLASSES @ FAMILY NIGHT

Beginning Wednesday, September 10th and running through December 10th, we will be offering yoga classes on the third floor. (Please note that the class will not meet on November 26th.) The cost is \$15 per evening, paid weekly to the teacher, but you must sign up by calling the church office or emailing peggy@stjohnsbaptistchurch.org. Sign up deadline is August 27, 2008. The class meets on the third floor from 6:45 to 7:45 pm.

Sarah Jensen will be teaching our yoga class. She is a 200 hour certified Kripalu Yoga instructor. She completed her training in 2005 under the direction of Yoganand Michael Carroll. Sarah has been practicing yoga for several years. She has had additional training that includes instruction in “Yoga for Seniors” and obtained that training at the Duke University Integrative Medicine Center. Sarah says that her teaching of yoga over the last three years has brought her to truly believe in the “therapeutic and emotional benefits of a regular yoga practice.”

So what is Kripalu Yoga? It is a traditional method that includes, centering, breathing (pranayama), warm ups, postures (asanas) and relaxation (savasana.) Through practice of this form of yoga, one develops the mind, body, spirit union through self-knowledge and understanding. Crucial to Kripalu is creating a safe environment for the student in a compassionate and non-judgmental approach to strengthen the body, calm the mind and free the spirit.

What will you need to bring? Bring your own mat (mats can be purchased at Ulta for about \$10), a blanket or cushion (for propping your spine or using during the relaxation period if you get cold), comfortable clothing (women may want to wear t-shirts that can be tucked in during some positions) and water to drink. You are also welcome to bring blocks and straps if you have them but they are not necessary.

This is not power or hot yoga so it will be the kind of class that is accessible to any adult of any age or gender. Consider yourselves formally invited! We hope to see you there!

Sunday, August 3, 2008
Budget Receipts: \$19,077.50

Calendar - August 10-16

Sunday, August 10

9:15 Sunday School
10:30 Worship
11:45 Membership Committee

Monday, August 11

7:30 Finance Committee
9:00 Free at Last Camp

Tuesday, August 12

9:00 Free at Last Camp

Wednesday, August 13

9:00 Free at Last Camp
7:30 House & Grounds Comm.

Thursday, August 14

8:15 Right Moves for Youth
9:00 Free at Last Camp
7:30 Choir Rehearsal

Friday, August 15

9:00 Free at Last Camp
9:30 Craft Class

Saturday, August 16

Recent Illnesses

Presby.: Pete Hopkins
At home: Henry Engle
Lake Park Rehab: Virginia Thompson
Pineville Rehab: Kathleen Owens

Note of Encouragement

To my St. John's family,
I am free of cancer with completion
of 24 radiation treatments. I hope
this will be encouragement to all
others who are in various stages of
treatment.

Carlotta Browder

Youth News

* Lee Gray will take youth to
Carowinds next Wednesday,
August 13. Please be at the church
by 9:30 am and please let him
know **of your plans to attend
ahead of time so that he can
purchase** tickets on line. Cost is
\$35. We will return to the church at
5:00 pm.

Farside Ladies & Friends Dinner Out

Roosters near Southpark
7:00 pm, Tuesday, August 12

In Service Sunday, August 10

Deacons:

David Erdman, Bill Finger,
Norman Fortson, Teresa Franklin,
Lou Fuller, Nancy Fuller,
Bobbie Hahn, Doug Hammond,
Ethel Harris, Larry Hewitt

Ushers:

Mary Carnes, Marvin Carter,
Arnold Philemon

Tellers:

Doris Diehl, Bobbie Hahn

Childcare Workers:

Ace Millsaps, Maggie Bond,
Sarah Peacock, Linda Crowder,
Christa & Kevin Lynch,
Anne Claytor

Nurse on Duty:

Laura Sorrell



School Uniform Collection

School uniforms for
Highland Renaissance
Academy are now being
collected. A rack has been
provided in the gym foyer for the
following items - khaki and navy
pants, skirts and jumpers, white
and navy shirts (with collars), for
boys and girls, sizes 4-16.

Note from Your Leadership Committee

The Leadership Committee is
looking for a few more people to
help, on a rotational basis, with our
Family Night meals. Would you be
willing to work one night a month?
Please contact the church office,
Tom Bryson or Tom Blackmon if
you are interested! Thank you for
your commitment to service!

Backpack Needs

The following items are needed for
the backpacks that are
prepared each week
for the Highland
Renaissance School
program for needy
children -
juice boxes/pouches,
pasta bowls, Vienna sausage,
pudding cups, fruit cups, apple
sauce, raisins, and snack crackers.
A collection box is provided in the
Collection Room in Lasater Hall.



Concert CDs Available

The CDs for Maureen's electrifying
concert have arrived and may be
picked up in the church office
during office hours on weekdays or
on Sunday mornings. Limited
copies are available if you did not
place an order. The cost is \$12.

Women on Mission State Missions Offering

August & September
Benefiting North Carolina WMU
and Baptist Men
St. John's Goal: \$3500

Family Night Begins September 3!

We are now accepting
reservations for the Wednesday
night dinners beginning in
September. Please fill out the
reservation form below or call the
church office to make your
reservation(s).



2008-2009 Family Night Dinner Reservation Beginning September 3, 2008

Name(s)

Telephone

Please reserve:

_____ Adults _____ Children

Adults: \$6.75

Children 10 & under: \$3.75

Family Maximum: \$24

Permanent reservation _____

This date only _____

Signature

I will pay weekly. I agree to pay for this
reservation if it is not cancelled by
Monday at 2:00 p.m. each week.

Oops!

In last week's newsletter I
inadvertently listed this year's
Country Carnival on October 28
(a Tuesday!!). The correct date is
Saturday, October 25.

Peggy

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