

MT. PLEASANT BAPTIST CHURCH

MPBC

Pastor - Dr. Eric Spano

Youth and Children - Bobby Vann

Dear MPBC family and friends,

Life is full of changes; maybe it would be more accurate to say that life is a steady stream of changes. It is interesting that in many cultures around the world for centuries the New Year was always a time of change and hope! The New Year was and is a time of change and hope because many, if not most people want something in their lives to be better. It may be a better job, better pay, closer relationships, to be a better person, have better kids, better car, government, school, girlfriend, boyfriend, etc... It is ironic that many people say that they hate change but they also really want change. The issue is not always change, but it is the specific area of life that change might take place. Let's be honest, we all not only want change, we all need change!

The New Testament teaches us of the change that must and should take place in each of us who call Jesus our Lord. Paul mentions this kind of change, he uses the word "transformed" (Romans 12:2). The word is used only 4 times in the New Testament and in each case it suggests a powerful, brilliant, and glorious change. It's a change, a revolution of our character, in which Jesus takes over through the Holy Spirit. It involves disengaging from all that this world involves and treasures. It also involves allowing the values, convictions, and purposes of the kingdom of God to saturate our minds and hearts, so that we live consistent with God's good and perfect will.

My grown-up Christmas wish and New Year's prayer is that MPBC will become the kind of church that is driven by one simple question: "What does God want this church to do for Him?"

My prayer for us as church, as we embark on this New Year of 2014 is that we, together, catch God's vision for MPBC.

In Christ,

Pastor Eric





Psalm 24:6
GENERATION
246

Dear Church Family,

Happy New Year! 2013 brought a great surprise to my family and I in being able to share in life, community and ministry with Mount Pleasant Baptist and with Gen246! We are so thankful to have been able to experience celebrating the birth of our Savior with you all for the first time, and we want to say thank you to everyone for your very thoughtful Christmas cards!

As we gear up for 2014 there are going to be some very exciting opportunities to get involved in ministry across the board, and definitely with Gen246. I am excited to be planning my first DNOW! I am looking forward to seeing how God uses this weekend to continue to shape the lifelong faith of our students. We are also working on planning summer camp, our mission trip to the Dominican Republic, and the rest of winter and spring. 2014 is going to be an incredibly exciting year for us! If for some reason you have not come in a while, please know we are inviting you back! Maybe you know a teenager or a family that could really benefit from a group like this that celebrates, laughs, loves, plays, serves, prays, learns and lives TOGETHER! If you do then invite them, we would love to have them.



Starting in January we are going to kickoff our True Love Waits series where we will discuss purity from a biblical perspective. This is a great opportunity to learn just what purity is and what the Bible has to say about it, so make sure that you are here for it!

I cannot wait to see what 2014 holds for our church and for Gen246!

In Christ,
Bobby

COMING UP

December 25 No services, Merry Christmas!

December 29 No evening services

January 1 No services, Happy New Year!

January 5 No evening services

January 8 Wednesday nights resume

January 11 Ice Skating, 11:15-4:30 bring \$15, socks, and warm clothing

January 12 Cell groups begin again

Ice Skating

Saturday January 11
11:15-4:30



Bring \$15,
socks and warm
clothing!



JANUARY BIRTHDAYS

Dee Burks	01/05
Joyce Martin	01/05
Diana Wilson	01/05
Mary Mauck	01/07
Robert Ashbrook	01/15
Betty Mitchell	01/17
John Lucas Jr.	01/18
Michael Terrell	01/20
Jim Overstreet	01/22
Robert Hurd	01/23
Barbara Wray	01/25
Gretchen Moomey	01/26
Kayla Payne	01/29
Cooper Dooley	01/30
David Cooper	01/31



MISSION OPPORTUNITY!

Mark your calendar for the RVBA
Nickelsville Mission Trip
March 16 - March 21, 2014.

Planning meeting will be on
Thursday, January 23, 2014
6:30 pm

Connelly Memorial Baptist Church

More details will be forthcoming
soon. Contact Judy Tear for more
info at 427-5482.

Wednesday Night Dinner January 22 6:00 pm



Homemade
Vegetable Beef Soup
Chicken Salad Croissants
Grilled Cheese Sandwiches
Tea/Lemonade

Sign up by Sunday,
January 19
on bulletin board.

Prices:
Adult \$5.50
Senior (60 & up) \$3.50
Child (10 & under) \$3.50
Child (3 & under) Free
Family (household) \$17.50

USHERS FOR JANUARY

Duke Logan
Josh Bowles
Timothy Spano
Andrew Belcher

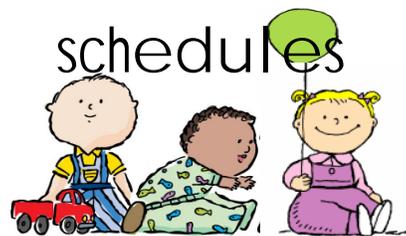
Deacons Meeting



**Thursday, January 9
4:30 pm**

Deacons will meet the 2nd Thursday of every month at 4:30 pm.

Sunday Morning Child Care schedules



Infants

- 1/5 Robin & Tim Woolwine
- 1/12 Virginia Vann &
- 1/19 Aaron & Melinda Dooley
- 1/26 Libby Draper & Barbara Hinchee

Toddler

- 1/5 Kyndal & Michael Terrell
- 1/12 Suzanne Edwards & Kaitlin Belcher
- 1/19 Ginny & Wayne Clark
- 1/26 April & Brandon Ferguson

Preschool

- 1/5 Aaron & Melinda Dooley
- 1/12 Jessica & Patrick Harper
- 1/19 Hollandsworth Family
- 1/26 Kayla Thompson, Dee Burks & Sienna

Children's Worship

- 1/5 Tanya Neal

Sunday and Wednesday night
Nursery for January
Cronk/Martin Classes

Friday Night Friends

Friday Night Friends @
Cave Spring
Baptist Church

Friday, January 24
6:30-9:00 pm

Carpool leaves MPBC at 5:45 pm
and returns around 9:30 pm

Adult Self-Care for Colds



Colds are caused by viruses. They can't be cured with antibiotics. However, you can relieve symptoms and support your body's efforts to heal itself. No matter which symptoms you have, be sure to drink plenty of fluids (water or clear soup); stop smoking and drinking alcohol; and get plenty of rest.



A fever is a sign your body is fighting infection.

Understand a Fever

- Take your temperature several times a day. If your fever is 100.4°F for more than a day, call your doctor.
- Relax, lie down. Go to bed if you want. Just get off your feet and rest. Also, drink plenty of fluids to avoid dehydration.
- Take acetaminophen or a nonsteroidal anti-inflammatory agent (NSAID), such as ibuprofen.

Your nose feels stuffy. Then, for no apparent reason, it starts to run. This is your body's way of flushing away invaders.



Treat a Troubled Nose Kindly

- Breathe steam or heated humidified air to open blocked nasal passages. Stand in a hot shower or use a vaporizer. Be careful not to get burned by the steam.
- Saline nasal sprays and decongestant tablets help open a stuffy nose. Antihistamines can also help, but they can cause side effects such as drowsiness and drying

of the eyes, nose, and mouth.

Soothe a Sore Throat and Cough

- Gargle every 2 hours with 1/4 teaspoon of salt dissolved in 1/2 cup of warm water. Suck on throat lozenges and cough drops to moisten your throat.
- Cough medicines are available but it is unclear how effective they actually are.
- Take acetaminophen or an NSAID, such as ibuprofen.

Ease Digestive Problems

- Put fluid back into your body. Take frequent sips of clear liquids such as water or broth. Do not drink beverages with a lot of sugar in them, such as juices and sodas. These can make diarrhea worse. Older children and adults can drink sports drinks.
- As your appetite returns, you can resume your normal diet. Ask your doctor whether there are any foods you should avoid.

When to Call Your Doctor

- When you first notice symptoms, ask your health care provider about antiviral medication. If taken soon after flu symptoms start, this can help you get well sooner. (Antibiotics should not be taken for colds or flu.) Also, call your doctor if you have any of the following symptoms or if you aren't feeling better after 7 days:
- Shortness of breath
- Pain or pressure in the chest or abdomen
- Worsening symptoms, especially after a period of improvement
- Fever of 100.4°F (38.0°C) or higher, or fever that doesn't go down with medication
- Sudden dizziness or confusion
- Severe or continued vomiting
- Signs of dehydration, including extreme thirst, dark urine, infrequent urination, dry mouth
- Spotted, red, or very sore throat

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January

- 1 Happy New Year! (No evening activities)
- 5 No Evening Services
- 9 Deacon's Meeting
- 22 Wednesday Night Dinner
- 24 Friday Night Friends

