

Wednesday Night Supper Menus

March 14	March 21
Soup	Breakfast
Sandwiches	Biscuits & Gravy
Salad Bar	Eggs
Cookies	Sausage
	Cinnamon Rolls

Our love through Christian sympathy is extended to

...**Sheila Dietze** in the death of her sister, **Sharon Mathis**, on February 15.

...**Joe (Lori) Tolan** in the death of his daughter, **Angela Durante**, on February 12.

Congratulations to
...**Joe & Lori Tolan** in the birth of
their great-grandson, **Raygan
William Lane**, born January 30.
Proud parents are **Grant & Kayla
Lane**.

Blue recycle bins have been placed throughout the building and classrooms for Paper Only. Please help us recycle by placing used paper into these bins.

Church Vision:
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PERIODICAL

A Word From Andrew

Do you have any goals for your life for 2018? A goal to lose weight or a goal to read more books. Maybe a goal to eliminate some debt or to complete a home improvement project. A goal to have more meals together as a family or to try a new hobby. It's healthy to set goals for yourself. It gives you something to aim at to help improve your life. Zig Ziglar said, "If you aim at nothing, you will hit it every time." So what are you aiming at? Just like it's healthy for you to have goals for your life, it's healthy for us to have goals as a church—things we are aiming at or trying to achieve as a church body that will help make us better and more mature in our faith. The ministers have been praying about and talking about some goals for Fee Fee Baptist Church. We wanted to have a couple of things we can aim at as a church to help us grow in our faith. The first two Sundays in March we're going to be sharing two goals that we would like to aim for as a church. I hope you'll plan on coming on March 4 and 11 to hear the goals that God has laid on our hearts and how we can achieve them together.

which is good. But we also need to be praying that God will be preparing us as a church for him. I hope that you will continue to pray for the Pastor Search Committee, our next pastor, and us as a church.

Pray that all of us will have hearts that are humble, moldable, and ready to follow the will of God.

Leviticus 16:3

Also this month we have another exciting prayer opportunity because the week of March 4-10 is the Week of Prayer for North American Missions. All that week we'll be praying for our missionaries here in North America. There are thousands of missionaries serving as church planters, chaplains, disaster relief workers, collegiate workers, and more, to bring the hope of the Gospel to people in North America. Then on March 18 we'll take a special offering for the Annie Armstrong Offering. All of this money will go to those missionaries serving in North America. I hope you'll prayerfully consider giving.

Don't forget that this month is also Daylight Saving Time! Make sure to spring your clocks forward on Sunday, March 11, so you don't miss worship that day.

Andrew Yakel
Interim Associate Pastor

Prime Time

Gloria Fox, Director of Senior Adults & Bible Study
Our next outing is the Old Ordnance Museum at Jefferson Barracks on March 13. The bus will leave church at 10:00 a.m. We will see the second part of the WW1 exhibit entitled “Over There”. We will eat lunch at Cafe Telegraph.

The Prime Time Bible study will begin a new study on Thursday, March 1, at 10:00 a.m. Everyone is invited including your friends and neighbors. We will be studying the important topic of *Discerning the Voice of God*. I will gladly find a bigger room if we need it!

Have you heard about the fabulous new aquarium in Springfield, Missouri? The good news is we are going April 19th and 20th. We will visit the Aquarium Adventure and Wildlife Galleries, go to a play at the Stained Glass Theater and eat “thrown” rolls at Lambert’s Cafe. The cost for admission, transportation and a room based on double occupancy is \$120. If you want your own room, it will be an additional \$40. Breakfast is included at our hotel but all other meals are on your own! Please sign up on the Prime Time Bulletin Board so we can reserve rooms.

Bible Study Corner

Can’t wait for **Andrew** to give us our next Bible reading assignment. I really enjoyed the book of Ruth. I’m hoping that we all start our day off with a word from God. It’s better than coffee and I really like coffee!

We have the following new studies beginning soon:

- Topical study beginning March 4 at 9:45 a.m. in room 213 - *Crossing the Waters* by Leslie Fields
- Prime Time study beginning Thursday, March 1, at 10:00 a.m - *Discerning the Voice of God* by Priscilla Shirer.
- Women of the Word (WOW) study beginning Wednesday night at 6:15 in C112 - *Discerning the Voice of God* by Priscilla Shirer.

Free Market

Did you know that the origin of spring cleaning comes from the Jewish custom of cleaning to get rid of all your leaven in your house? While I don’t suggest you look for leaven, I would suggest as you do your spring cleaning and find items for resale or donation, that you put them in a tub and save them for our next Free Market to be given away to our community on Saturday, July 21. We will be giving away good used items and school supplies. This was a great outreach to our community last year and I hope you will plan to participate.

Backpack Ministry

The following items are in short supply for the backpack ministry:
Breakfast bars Peanut Butter
Mac and cheese Rice a’ Roni
Canned ravioli Chili
Tuna Helper Chicken noodle and tomato soup
Spaghetti and pasta sauce (no glass please)

If you have donations delivered from a grocery store, please indicate on the shipping label if they are for Backpack Ministry or Food Pantry. Thank you for your donations!

Music Musings

Ronna Paden, Director of Music
Great Are You Lord...by All Sons and Daughters

Our 8:30 a.m. choir will be singing this song on March 11. *Great Are You, Lord* describes the aspect of our God that He is love, brings light to darkness and heals broken hearts. Genesis 2:7 says that God took the dust of the ground and breathed into us our very life. This is the same God that spoke the stars across the sky. The central message of the song simply states that God has given us breath and to Him we give back our praise. You may hear this beautiful song by the artists, *All Sons and Daughters*, when you search it in on YouTube.

Here is the condensed lyrics:
You give life, You are love
You bring light to the darkness
You give hope, You restore
Every heart that is broken
Great are You, Lord

It’s Your breath in our lungs
So we pour out our praise
We pour out our praise to You, only

And all the earth will shout Your praise
Our hearts will cry; these bones will sing
Great are You ,Lord

This piece will then segue into the beloved and majestic setting of *How Great Thou Art*. You will be singing with the choir. That’s a good thing!

Singing Hymns Produces Synchronized Heartbeats

It is widely known that choral singing has many virtuous aspects:

- * calms heart rate
- * boosts endorphin levels
- * improves lung function
- * increases pain thresholds
- * heightens production of immune-globulin making it easier to fight infection
- * boosts positive mood / fights depression

Now consider THIS astonishing finding: When members of a choir sing together their heart rates tend to synchronize and beat as one! Swedish researcher Bjorn Vickhoff says, “Singing is like guided breathing.” Vickhoff found in his research that singing HYMNS especially provides a consistent pattern of breathing simply because of the natural phrases. When people experience this synchronized heart beat they exhibit calmness, co-ordination and sensitivity. Isn’t it awesome to think your church provides this avenue of healthful activity?

New Member class

A new member class is scheduled for Sunday, March 4, at 12:15 p.m. If you have joined FFBC in the last year, or just want to study what God expects of believers in the church, this is for you. A light lunch will be provided, and childcare is available by reservation. Please sign the sheet on the bulletin board in the hallway near the choir room. The class will dismiss before 3:00 p.m.

Family Front

Kathy Scott, Director of Children & Family Ministries
Easter Schedule, April 1 – a little change that especially teachers will want to be aware of: Early worship at 8:30 a.m.; 9:45 a.m. breakfast and devotion around tables in gym; late worship at 11:00 a.m. There will be KIDZONE at 11:00 a.m. as well.

VBS/Soccer Camp, These together will provide all day care for kids. **VBS** June 25-29 (9 AM -12 noon) “SHIPWRECKED: Rescued by Jesus”. Start thinking about how you want to be involved. Leaders are needed for Tropical Treats, Bible Discovery, Sing & Play & Sail Away Sendoff, KidVID Cinema, Imagination Station, Ship Rec(reation), Spotlight, tech people, and for our Preschool Tide Pool (workers’ kids). There is a training Fun Shop on April 28 for those who will be station leaders and June 10 will be our church VBS worker training. Also, those of you who want to show off your artistic skills (also for those without artistic skills), we will be sharing decorations with another church and will help with making those the week of March 12-16, day and/or evenings.

Soccer Camp (1-4 PM). *Sports Crusaders* (a group of 4 college students) will be leading this but we would welcome students with some soccer skills to help! We also are asking for volunteers to help with lunch time, snacks, follow-up, homes for Sports Crusaders to stay who are participating in VBS and Soccer camp. We will also be providing before-and after-care at 8:00 a.m and until 4:30 p.m. See our website for more information and registration forms.

Chi Alpha News

Sarah Turner, Praise and Worship Leader & Interim Youth Director
Join us on Sunday mornings at 9:45 in the Rafters for Youth Connect! We have started a new study called *The Discipleship Path*. It introduces the basic practices and elements of the faith, including the centrality of Christ, the crucial practice of prayer and Scripture reading, community, and what it means to be on mission for God.

On Wednesday nights come and join us again in the Rafters at 6:15 to hang out, play games, eat snacks, sing some songs, and get into the Word. Currently we are going through the book of Ephesians, chapter by chapter, diving deep into what the Lord has to say! We’d love to see you there!

Upcoming events
March 13th – Bandana’s Youth Mission Trip Fundraiser
Wanna eat some great barbecue AND help the youth go on their mission trip? Then grab some friends and join us on Tuesday, March 13, at Bandana’s in Maryland Heights (12222 Dorsett Rd.)! Pick up a flyer (you must have this) from church and take it with you to go eat at Bandana’s for either lunch or dinner. A portion of what you spend will go toward helping the youth going on the World Changers mission trip to Kentucky.

April 6th-8th – Disciple Now Weekend
Our theme for this year’s DNow is Outcast! *We see outcasts everyday*—people who fit under a different stereotype, don’t look like us, don’t like what we like, or believe the same things. It’s easy to walk away from the outcast, leaving them forever in that category, but Jesus never did. Instead, He walked into the difficulty of their lives to bring them the ultimate insider experience—belonging in His family. Cost is \$35 and the \$10 deposit is due by March 21st!