

Weekly Summary	01-26-20	02-02-20
Sunday Bible Study Attendance	242	251
AWANA	72	—
WOW Bible Study	15	—
Small Group Attendance	16	8
<b>Total Bible Study Attendance</b>	<b>369</b>	<b>259</b>
Worship Attendance: 8:30 AM	168	196
11:00 AM	174	178
Offering	\$13,129.75	\$19,170.75
E-Giving (12/24-1/17)	\$25,660.73	

Continued from back page...

Wednesday, February 26

9:00 a.m. Gym Walking  
9:00 a.m. Pickleball  
5:30 p.m. Church Dinner  
6:15 p.m. AWANA  
6:15 p.m. Bible Study  
6:15 p.m. Men's Bible Study  
6:15 p.m. WOW Bible Study  
6:15 p.m. Youth Small Groups

Thursday, February 27

6:30 p.m. ESL Classes  
6:30 p.m. Metro Baptist Volleyball League

Friday, February 28

9:00 a.m. Gym Walking  
2:00 p.m. Pickleball

Saturday, February 29

9:30 a.m. DR Mission Trip Meeting

## Sympathy

Our love through Christian sympathy is extended to

...**Donna (Thomas) Block** in the passing of her father, **Ira Campbell**, on January 27.

...**Debbie Nicholson and family**, in the passing of her father-in-law, **Loyd Nicolson**, on February 3.

...**Ronna (John) Paden** in the passing of her cousins, **Bruce Schrock** and **Susan Hoover**, on February 5 and 6, respectively.

## Refrigerator Needed

The church office is in need of a gently used, full-size, frost-free refrigerator/freezer. If you would like to donate one, please contact the church office. Thank you!



## Every Wednesday

@ 5:30 p.m.

(RSVP BY 12:00 P.M. EVERY TUESDAY)

February 12, 2020

Meatloaf

Mashed Potatoes & Gravy

Green Beans

Ice Cream Sundaes

February 19, 2020

Spaghetti

Garlic Bread

Cookies

February 26, 2020

Hot Dogs/Chili or

Brats/Sauerkraut

Tater Tots

Pudding Delight

March 4, 2020

Cheeseburgers

French Fries

Brownies

Adult Entrée

**\$5.00**

Child's Nuggets or Entrée (Ages 4-10)

**\$2.00**

Child's Nuggets or Entrée (Ages 0-3)

**FREE**

## Ministry Opportunities

**Sunday, February 16**

8:30 a.m. Traditional Worship  
9:45 a.m. Bible Study  
10:45 a.m. KidsZone  
11:00 a.m. Contemporary Worship  
12:00 p.m. Parents' Boot Camp  
5:00 p.m. Precepts Bible Study

**Monday, February 17 - Presidents' Day**

9:00 a.m. Gym Walking  
9:30 a.m. Sewing Group  
6:30 p.m. Choir Practice  
7:00 p.m. Pickup Basketball

**Tuesday, February 18**

7:00 a.m. Meals on Wheels  
11:30 a.m. May Clermont WOM  
2:00 p.m. Prime Time Council  
4:00 p.m. Loaves & Fishes Ministry  
6:30 p.m. ESL Classes

**Wednesday, February 19**

9:00 a.m. Gym Walking  
9:00 a.m. Pickleball  
5:30 p.m. Church Dinner  
6:00 p.m. Missions Committee  
6:15 p.m. AWANA  
6:15 p.m. Bible Study  
6:15 p.m. Men's Bible Study  
6:15 p.m. WOW Bible Study  
6:15 p.m. Youth Small Groups

**Thursday, February 20**

6:30 p.m. ESL Classes  
6:30 p.m. Metro Baptist Volleyball League

**Friday, February 21**

9:00 a.m. Gym Walking  
1:00 p.m. Prime Time Game Time  
2:00 p.m. Pickleball  
5:00 p.m. Room at the Inn Night Site (overnight)

**Saturday, February 22**

12:00 a.m. Room at the Inn Night Site

**Sunday, February 23 - Tom & Lela Warner**

**Memorial Short Term Missions Offering**

8:30 a.m. Traditional Worship  
9:45 a.m. Bible Study  
10:45 a.m. KidsZone  
11:00 a.m. Contemporary Worship & The Lord's Supper  
12:00 p.m. Windermere Mission Trip Meeting  
12:15 p.m. Children's Committee  
1:30 p.m. Navigating Loss

Grief Group Seminar  
2:30 p.m. History Committee  
4:00 p.m. By-Laws Committee  
5:00 p.m. Precepts Bible Study

**Monday, February 24**

9:00 a.m. Gym Walking  
6:30 p.m. Choir Practice  
7:00 p.m. Pickup Basketball

**Tuesday, February 25**

7:00 a.m. Meals on Wheels  
9:00 a.m. Spirit Lifters  
10:00 a.m. Prime Time to History Museum & Lunch at Joey B's  
6:30 p.m. ESL Classes

Calendar continued inside...

## Church Office Staff

**Rev. Zach Crook**, SENIOR PASTOR

**Rev. Andrew Yakel**, ASSOCIATE PASTOR

**Ms. Gloria Fox**, DIRECTOR OF SENIOR ADULTS

& BIBLE STUDY

**Mrs. Kathy Scott**, DIRECTOR OF CHILDREN

& FAMILY MINISTRIES

**Mrs. Ronna Paden**, DIRECTOR OF MUSIC

**Mr. Kyle Baldwin**, INTERIM YOUTH DIRECTOR

**Mr. Steve Middendorf**, FINANCIAL OFFICER

**Ms. Ruth Thoma**, PASTOR'S SECRETARY

**Mr. Vance Stewart**, IT ADMINISTRATOR

**Mrs. Tara Smith**, RECEPTIONIST & MUSIC SECRETARY

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# THE FORERUNNER

## FEE FEE BAPTIST CHURCH

*BUILD & PURSUE*

## A Word From Pastor Zach

One of the things that I love most about pastoring an established church is the fact that we are truly multi-generational. I love looking out into the congregation each Sunday morning and seeing the wide mix of ages and people in different stages of life. Our diverse mix of age groups is one the core strengths of Fee Fee Baptist. However, it does lead to the question of how do we create a comprehensive plan for spiritual formation that will be effective for each generation in our church?

We are attempting to tackle that through a couple of different avenues. First, specifically for the start of this year, we are having all our Bible Study classes walk through the same material based around the markers of our church's mission. We wanted to create a "common conversation" throughout the many generations of our church. Whether you are in our children's ministry or in a senior adult Bible study class, you will be studying the same thing and be able to talk about it with one another. We are strategically not just trying to drill down deeper into the marks of what it means to "build and pursue," but also looking for ways to create dialogue and connections between different generations.

Besides the importance of having common conversations between our different generations here at Fee Fee, we are also going to have targeted, specialized events for spiritual formation for specific generations. Here are a just a few things we have coming up over the next few months:

tech-wise families to protect their kids from various online dangers.

The weekend of March 6-8, our youth will be having their Disciple Now event. This event is focused on spiritual formation and we will be challenging our students to wholeheartedly pursue Christ and live boldly for Him.

On April 19, Dr. Richard Ross, the founder of the *True Love Waits* movement, will present to us a "Family Connection Sunday." He is going to be preaching on multi-generational discipleship and will lead a special training time for parents and grandparents.

In May, we will have Dr. Claude Cone, the former Executive Director of the Baptist Convention of New Mexico, head up our Legacy Weekend for Senior Adults. We will have a Senior Adult banquet that weekend, and Dr. Cone will be preaching and leading our senior adults in how to use the wisdom and experience that God has granted them to make an impact in our church.

In June, we will be hosting our annual Vacation Bible School, which focuses on spiritual formation for our kids.

Please join me in praying for our church, that we will have effective discipleship and spiritual formation throughout each and every age group here. Pray that God will use our targeted discipleship events to equip all of us to love God more and serve Him well.

In Him,

Pastor Zach

## OUR MISSION:

Fee Fee Baptist Church exists to make disciples who **build** their lives on Jesus and **pursue** the good of our community for the glory of God.

## Prime Time

*Gloria Fox, Director of Senior Adults & Bible Study*

Don't forget to be on the bus by 10:00 a.m. on Thursday, February 13. The Aquarium is \$25.00 per person. Lunch will be at Zia's afterwards.

On Tuesday, February 25, we will head to the Missouri History Museum, following with lunch at Joey B's. The bus will leave the church at 10:00 a.m. The St. Louis Blues exhibit entitled "History Made," unfortunately ended January, therefore we will see the exhibit the "Mighty Mississippi." The history museum is free.

March will feature two events - a chili and game day on Thursday, March 12; and a trip to Fulton to the Winston Churchill Museum on Thursday, March 26. Mark your calendars and sign up by the Media Center.

Remember to invite some friends to our events, including those who already attend Fee Fee. Sometimes all it takes is a personal invitation.

## Bible Study Corner

Have you taken the challenge to read your Bible at least four times each week? Has it made a difference in your life? It's hard to have a great relationship with someone you don't interact with very often.

Visit the Welcome Center for help getting connected to a Bible Study that is perfect for you, or email Gloria at [gloria@feefeebc.org](mailto:gloria@feefeebc.org).

## Backpack Ministry

Our Backpack Ministry shelves are looking a little bare. Immediate needs include: chicken noodle soup, tomato soup, Mac and Cheese, and chewy granola bars (WITHOUT nuts and NOT chocolate-covered). Thank you for your continued support helping hungry kids in our community. Donations can be dropped off in the bin in the breezeway by the Media Center.

## Community Connection

*Andrew Yakel, Associate Pastor*

**Windermere Mission Trip Info Meeting** - Our church is going to serve at Windermere Baptist Conference Center again this year. Each year, Windermere hosts hundreds of people on their campus to allow them the opportunity to hear the Gospel. They need a lot of help to make this happen. We will be taking a team the week of July 12-17, 2020 to faithfully serve in this endeavor. This is a trip for any age person. If you are interested in this trip or have questions you can come to an informational meeting on Sunday, February 23, at noon in the Coffee Café. We hope you will pray for this trip and pray about being a part of it.

**Tom and Lela Warner Short Term Missions Offering** - On Sunday, February 23, we will have a special offering for our *Tom and Lela Warner Short Term Missions Fund*. In both morning worship services we will take a special collection for this fund which supports our members going on mission trips each year. Over the years these funds have been used to send our people all over the country and world to share the Gospel message. This year the fund will be helping our members share God's love in North Carolina, Dominican Republic, Mexico, and Missouri. If you feel led to give towards this fund just write on your envelope or on the memo line of your check "Short Term Missions." Thank you for your continued support of missions both locally and internationally!

## Family Front

*Kathy Scott, Director of Children & Family Ministries*

**Family Nerf Games** was a big hit! We had more guest families than our own families present that night. It was so much fun! Your family will not want to miss it next time!

**Parents Boot Camp: Keeping Kids Safe Online** – On February 16, from 12:00 to 2:00 p.m., Loran Maloney will be leading a class teaching parents how to take the lead in guiding their children and teens in what are appropriate practices when using electronic devices. Lunch and childcare (up through 5<sup>th</sup> grade) will be provided with a reservation. Sign up by the Media Center for this timely and important class.

**Summer Fun Week** is coming and will be here before we know it! Vacation Bible School and Sports Crusaders Basketball camp will be the week of June 22-26. "Wilderness Escape" is the theme for VBS, and will be from 9:00 a.m. to noon; Sports Camp will be from 1:00 p.m. to 4:00 p.m. If you would like to serve, now is the time to sign up! See Kathy Scott about how you can get connected, [kathy@feefeebc.org](mailto:kathy@feefeebc.org).

Deuteronomy 6:4-7 – *The Lord is our God. The Lord is the one and only God. Love the Lord your God with all your heart and with all your soul. Love him with all your strength. The commandments I give you today must be in your hearts. Make sure your children learn them. Talk about them when you are at home. Talk about them when you walk along the road. Speak about them when you go to bed. And speak about them when you get up.*

## Chi Alpha News

*Kyle Baldwin, Interim Youth Director*

**DNOW 2020 Registration is now OPEN** - This year's Disciple Now Weekend will be taking place March 6-8. In case you don't know what DNOW is, it is our weekend long local retreat for 6th-12th graders where they will be split up into small groups for the weekend filled with intense discipleship. We will dive deep into this year's theme called "Prodigal," taking us into the parable of the Prodigal Son in Luke 15. We will explore the stories of the three main characters and learning how we can always come home. This weekend will be led in worship by a collection of past and present MoBap students including Guy Shaw, and our speaker Leon Douglas. We are also blessed to be joined by students from Chesterfield Community Church and Hazelwood Baptist Church this year. The total cost for the weekend is \$40, which covers the housing and food for all our students, our speaker, the band, and a free T-shirt for every attendee! You won't find a better youth conference deal anywhere! You can sign up either with a paper copy found in the Rafters, or online at [dnow.feefeebc.org](http://dnow.feefeebc.org). The registration deadline is Sunday, February 23, along with a \$10 deposit. The remaining balance is due Wednesday, March 4. We hope that you will join us this year and that you will invite your friends! Be praying for our students and leaders as we prepare for this amazing Gospel-filled weekend.

**DNOW Host Homes & Meal Sponsors** - We would not be able to put on this amazing DNOW weekend without your help, Church. How can you volunteer to serve our students? First off, we need **Host Homes** for our students to stay at over the weekend. If you are interested in housing teenagers for the weekend, please contact Kyle ([kyle@feefeebc.org](mailto:kyle@feefeebc.org)) or Jen Pfeiffer to volunteer. We also need groups to help sponsor meals for our students for the weekend. If you are interested in this, all you need to do is cook two meals – breakfast and dinner – and deliver it to a Host Home. You can team up with your Small Group, Transformation Group, or Bible Study to partner with us. You can either contact Kyle or Laura Paden to sign up to sponsor meals.

## Featured Article

*Nina Palumbo, Clinical Social Worker certified in Spiritual Christian Counseling*

**The Winter Blahs.... Or is it?** I used to dread this time of year. The holidays were over and there wasn't much to look forward to except the cold gray skies of winter. January and February were spent dreaming of a warm and sunny spring break location. Now, I appreciate the slower pace winter brings. For some, this pace is an opportunity for self-reflection and renewal. For others, it may be a time of lonely isolation. Gray skies may not only darken our homes but may darken our mood. A certain amount of holiday let down is normal. The festivities are over, and we may start to feel the effect of our holiday indulgences.

What's known as the "winter blues" is normal during this time of year and affects about 25% of the U.S. population. You may notice the winter blues by having less energy and an increased appetite, especially carbs. However, there is a type of depression called Seasonal Affective Disorder (SAD), which affects about 6% of the U.S. population. In addition to the winter blues, there may be an increased desire to be alone, trouble concentrating, irritability, anxiety, depression, weight gain, or a loss of interest in activities. The reduced level of sunlight affects our level of serotonin which is a neurotransmitter that affects mood. Melatonin, which is a sleep hormone, is produced at increased levels in the dark. Therefore, when the days are shorter and darker the production of this hormone increases.

Usually the symptoms of SAD can be managed with exercise, increasing the amount of light in your home, meditation, using stress management techniques, spending time outside, or visiting climates with more sun. Should you notice how you are feeling does not improve or gets worse, talk with your family doctor and/or consult with a mental health professional for short term assistance. Spring is on its way!

## Grief Support Group

Join us on February 23, from 1:30 to 2:30 p.m. in the Dining Room for an overview on *Navigating Loss: Understanding the Journey and Ministering to Others*. This new grief support group will be led by Nina Palumbo, a licensed Clinical Social Worker who is certified in Spiritual Christian Counseling. Classes begin Wednesday, March 4 from 6:30 to 7:30 p.m. This group is open not just to Fee Fee, but to those in our community who are needing support and direction after the loss of a loved one. Contact Nina for more information or to sign up for the group, [nmpcats3@gmail.com](mailto:nmpcats3@gmail.com) or (314) 780-4929.

## Trophy Giveaway

The History and Athletic Committees invite you to claim any of the past sports trophies that you might have participated in or just have a desire to cherish some Fee Fee history in your own home. These trophies have been retired from our collection as we no longer have storage space to accommodate them. If you want to be a part of the rehoming process, contact Kathy Scott ([kathy@feefeebc.org](mailto:kathy@feefeebc.org)) or Vance Stewart ([vance@feefeebc.org](mailto:vance@feefeebc.org)) or come by the church office to choose any for your personal collection.

## 2019 Singing Tree DVDs

Relive the wonder and excitement of our 2019 Singing Tree by purchasing a DVD for \$1.00 in the Media Center. In other Media Center news: Are you getting bored with the long winter days? Strengthen your brain muscle with a new/gently used puzzle from our Puzzle Exchange. Choose from a nice selection, and bring any puzzles that you are finished with to add to our offerings. Media Center hours are Sundays 8:00-8:30 a.m., 9:30-9:45 a.m., and 10:45-11:00 a.m.; Wednesdays 4:00-4:45 p.m. and 5:45-6:15 p.m.