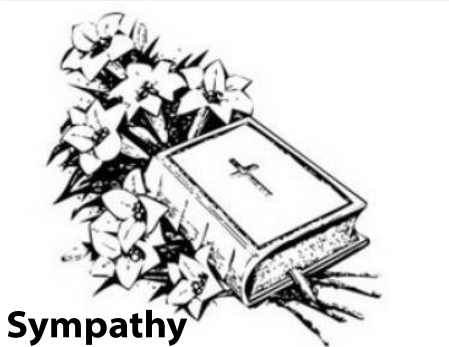


Weekly Summary	01-24-21	01-31-21
AWANA	—	41
<b>Worship Attendance:</b>		
8:30 AM	65	64
11:00 AM	96	87
<b>Service Totals</b>	<b>161</b>	<b>151</b>
Offering	\$10,872.00	\$6,817.00
E-Giving (12/25 - 01/21)	\$31,583.96	



### Sympathy

Our love through Christian sympathy is extended to ...**Debbie Nicholson** on the passing of her father, **Lloyd Welsh**, on January 8. ...**Gerald Canaday** and **Karla Conrey**, on the passing of their wife and mother, respectively, **Sue Canaday**, on January 23.



### Mobile Food Market

We love our partnership with the St. Louis Area Food Bank to get free groceries into the hands of families in need in our community. Upcoming Mobile Market Mondays will be:

**February 22**  
**March 8**

Each of these will take place starting 10:00 a.m. (until the food runs out) in the church parking lot. Contact Andrew to volunteer, [andrew@feefeebc.org](mailto:andrew@feefeebc.org).

### Devotional Corner

*Taken from L.B. Cowman’s “Streams in the Desert,” Zondervan Updated Edition*

**“Surely I am with you always,” (Matthew 28:20).**

Never look ahead to the changes and challenges of this life in fear. Instead, as they arise look at them with the full assurance that God, whose you are, will deliver you out of them. Hasn’t He kept you safe up to now? So hold His loving hand tightly, and He will lead you safely through all things. And when you cannot stand, He will carry you in His arms.

Do not look head to what *may* happen tomorrow. The same everlasting Father who cares for you today will take care of you tomorrow and every day. Either He will shield you from suffering or He will give you His unwavering strength that you may bear it. Be at peace, then, and set aside all anxious thoughts and worries.  
—*Francis de Sales*

**“The Lord is my shepherd,” (Psalm 23:1)**

Not *was*, not *may be*, nor *will be*. “The Lord *is* my shepherd.” He *is* on Sunday, on Monday, and through every day of the week. He *is* in January, in December, and every month of the year. He *is* when I’m at home and in China. He *is* during peace or war, and in times of abundance and poverty.  
—*J. Hudson Taylor*

Ministry Opportunities	Church Office Staff
<p><b>Sunday, February 14 — VALENTINE’S DAY</b>  8:30 a.m. Traditional Worship  9:45 a.m. Potts’ Bible Study (DR)  9:45 a.m. Monasmith Bible Study (FH)  9:45 a.m. Knepper Bible Study (C112)  10:00 a.m. Youth Bible Study  11:00 a.m. Contemporary Worship  11:00 a.m. KidsZone  11:00 a.m. Preschool Care</p> <p><b>Monday, February 15 — PRESIDENT’S DAY</b>  9:15 a.m. Wagner/Sherer WOM  7:00 p.m. Live Prayer on <a href="#">Facebook</a></p> <p><b>Tuesday, February 16</b>  7:00 a.m. Meals on Wheels  2:00 p.m. Prime Time Council  4:00 p.m. Loaves &amp; Fishes Ministry  7:00 p.m. Grounded Video on <a href="#">Facebook</a></p> <p><b>Wednesday, February 17</b>  6:00 p.m. AWANA  6:00 p.m. Youth Small Groups  6:00 p.m. WOW Bible Study  6:00 p.m. Men’s Fraternity  6:00 p.m. Missions Committee  7:00 p.m. Live Prayer on <a href="#">Facebook</a></p> <p><b>Thursday, February 18</b>  7:00 p.m. Sermon Rewind on <a href="#">Facebook</a></p> <p><b>Friday, February 19</b>  <b>Saturday, February 20</b>  <b>Sunday, February 21</b>  8:30 a.m. Traditional Worship  9:45 a.m. Potts’ Bible Study (DR)  9:45 a.m. Monasmith Bible Study (FH)  9:45 a.m. Knepper Bible Study (C112)  10:00 a.m. Youth Bible Study  11:00 a.m. Contemporary Worship  11:00 a.m. KidsZone  11:00 a.m. Preschool Care  2:00 p.m. Children’s Committee</p> <p><b>Monday, February 22</b>  10:00 a.m. Mobile Market  7:00 p.m. Live Prayer on <a href="#">Facebook</a></p> <p><b>Tuesday, February 23</b>  7:00 a.m. Meals on Wheels  7:00 p.m. Grounded Video on <a href="#">Facebook</a></p> <p><b>Wednesday, February 24</b>  6:00 p.m. AWANA  6:00 p.m. Youth Small Groups  6:00 p.m. WOW Bible Study  6:00 p.m. Men’s Fraternity  7:00 p.m. Live Prayer on <a href="#">Facebook</a></p> <p><b>Thursday, February 25</b>  7:00 p.m. Sermon Rewind on <a href="#">Facebook</a></p> <p><b>Friday, February 26</b>  1:00 p.m. Blood Drive</p> <p><b>Saturday, February 27</b>  8:30 a.m. International Food Pantry</p>	<p><b>Pastor Zach Crook</b>, SENIOR PASTOR  <b>Pastor Andrew Yakel</b>, ASSOCIATE PASTOR  <b>Gloria Fox</b>, DIRECTOR OF SENIOR ADULTS &amp; BIBLE STUDY  <b>Kathy Scott</b>, DIRECTOR OF CHILDREN &amp; FAMILY MINISTRIES  <b>Ronna Paden</b>, DIRECTOR OF MUSIC  <b>Kyle Baldwin</b>, DIRECTOR OF STUDENT MINISTRIES  <b>Steve Middendorf</b>, FINANCIAL OFFICER  <b>Vance Stewart</b>, IT ADMINISTRATOR  <b>Tara Smith</b>, MINISTRY ASSISTANT</p>
<div> <div>OFFICE ♦ (314) 739-1525 FAX ♦ (314) 739-1302 <a href="http://www.feefeebc.org">www.feefeebc.org</a></div> <div> THE FORERUNNER is published Bi-weekly, by  <b>FEE FEE BAPTIST CHURCH</b>  11330 St. Charles Rock Road  Bridgeton, MO 63044-2792  Periodicals Postage rates paid at  Hazelwood, MO 63042-9998  USPS 016957  POSTMASTER:  Send address changes to:  <b>THE FORERUNNER</b>  Fee Fee Baptist Church  11330 St. Charles Rock Road  Bridgeton, MO 63044-2792 </div> </div>	
<div> <div> Our worship services are available to watch via Live Stream on our <a href="#">website</a> or <a href="#">Facebook page</a>  To stay up-to-date on all calendar updates, please check our website. Download our new app on Google Play Store or Apple App Store for more news; just search for “Fee Fee Baptist Church.” </div> <div>PERIODICAL</div> </div>	

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# THE FORERUNNER

## FEE FEE BAPTIST CHURCH

*BUILD & PURSUE*

### A Word From Pastor Zach

**A**t this time last year, I had a bit of an issue. I had just gone in for my annual physical and I found out that I had pretty high cholesterol. I had never had that issue previously, but I immediately knew the cause: the keto diet.

You see, I was looking forward to going on a cruise with Jill that February, and I wanted to get in better shape. I jumped on board the fad diet of keto. While the food was delicious, my body just couldn’t handle it. My cholesterol suffered.

After getting those results from the doctor, I had to make a shift in my mind. I had been looking for a quick way to lose weight. And, honestly, it worked. I lost 20 pounds on the keto diet. However, it became apparent that this quick fix had some pretty terrible unforeseen consequences. I remember the nurse telling me that I needed to get off that diet immediately.

At that point, I realized I had to make changes that would actually be sustainable (and wouldn’t shoot my cholesterol through the roof!). I started having a more balanced diet and made a commitment to running more regularly. It started off slowly. I didn’t see change right away. But incrementally, month by month, I started being able to run farther and I just felt healthier. Now, a year later, I weigh the same that I did when I was on the crash diet, without the negative side effects.

Why do I share that story with you? I think we often want a keto-quick fix when it comes to our relationship

with God, when the discipline of getting in his Word and spending time with him daily is the true recipe for long-term success.

Can God miraculously transform our lives in just an instant? Of course! But a strong, healthy relationship with him happens by regularly spending time with him. Eugene Peterson argues that following Jesus is long obedience in the same direction. It is allowing Jesus to mold us and shape us and transform us more and more into his image. It is developing spiritual disciplines and displaying the fruit of the Spirit in our lives.

In John 15:4, Jesus says, “Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me.”

Instead of looking for quick fixes, let’s commit to remaining in Him. I want to encourage you to stay the course with our Grounded reading plan and allow His Spirit to slowly transform you, day by day.

In Him,  
Pastor Zach



## Prime Time

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

It's February already, and Phil saw his shadow, so we are going to have 6 more weeks of winter. I hate to tell Phil this, but God already promised us seasons.

In Genesis 8:22, God tells us that “as long as the earth endures, seedtime and harvest, cold and heat, summer and winter, and day and night will never cease.” So, what season of life are you in? Are you in a season of thanks since God has slowed us down enough that we can see His handiwork in nature, in our families, and in ourselves?

Today is a bright, sunny cold day. Have you thanked the LORD for the sunshine? For a warm home? For the warmth of love from family and friends? Or are you grumbling about the cold, about having to cook one more meal at home, about having to stay at home?

Again, the Bible says in Philippians 2:14-15, “Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world.”

I would like to challenge you to embrace this season without grumbling by ending each day with a list of ten good things that happened – and don't repeat any of them in your list the next day. God makes all things new each day. How has He blessed you today?

## Bible Study Corner

I hope each of you are doing the Grounded reading plan with me! We are already in John. It's so interesting to read all four Gospels in rapid succession to get a complete picture of Jesus. If you would like to talk with others about what you are reading, please contact Zach or Gloria and we will put you in a Transformation Group.

I also hope you are involved in a Bible Study! We have both in-person and online studies on Sunday mornings and Wednesday nights. Please contact Gloria [gloria@feefeebc.org](mailto:gloria@feefeebc.org), if you would like to get connected.

## Chi Alpha News

*Kyle Baldwin, Director of Student Ministries*

**Marco Polo** – I am so excited to announce that the youth have started our own Marco Polo Groups to go along with the church-wide Grounded series, and 18 students and leaders have signed up to participate! I am so proud of our students' hearts and desire to dive deeper into God's Word, all while continuing our mission statement to build “Real Community.” Pray for our students as they dive into this new adventure!

**Minneapolis Mission Trip Meeting** – We are having our first meeting for our Minneapolis Mission Trip on Wednesday, February 17 at 7:00 p.m. right after Youth Small Groups. This will be a relatively short meeting, but a super important one, as we begin to lay the groundwork of what we will be doing on this trip. Please make sure that if you or your student is signed up for the trip that they are in attendance. We will also have a Zoom link available for those who are choosing to worship from home. You can email Kyle ([kyle@feefeebc.org](mailto:kyle@feefeebc.org)) for that link if you need it. I look forward to seeing you there!

## Music Musings

*Ronna Paden, Director of Music*

### Hymns Written During Past Pandemics - Part II

*By Dr. Julie Barrier, [Crosswalk.com](http://Crosswalk.com)*

We are not alone in our distress. Godly men and women throughout the ages praised God in the midst of disease and disaster. Many great hymns of praise have been written by Christians during plagues throughout church history.

One of these hymns is *Now Thank We All Our God*, composed in 1636 by pastor Martin Rinckart. Eilenberg, Germany, his tiny hometown, was ravaged by the Thirty Years War. The Swedish army set siege around the city wall. War refugees seeking safety overran the crowded town. Soon after, the Bubonic plague erupted there and almost 5,000 people perished within a year. Rinckart was the only pastor left alive to bury the dead. He often performed 40-50 funerals per day, including the burial of his own wife. In the midst of such pestilence and heartbreak, Rinckart wrote:

"Now thank we all our God, with heart and hands and voices, Who wondrous things has done, in Whom this world rejoices. Who from our mother's arms has blessed us on our way with countless gifts of love and still is ours today!"

*Come to Your Temple Here on Earth*, composed by pastor Paul Gerhardt, was written about the same time as Rinckart. Europe was besieged with war and plague, yet these words of assurance came to this beloved pastor's heart:

"Arise and make an end of all heartache and our pain; Your wandering flock at last recall and grant them joy again. To peace and wealth the land restore, wasted with fire or plague or sword, Come to Your ruined churches, Lord, and bid them bloom once more."

Isaac Watts wrote *When We Are raised from Deep Distress* during the London cholera outbreak in 1666. Cholera outbreaks were prevalent in various parts of the British Empire, including parts of Asia, Europe, Africa and North America. In 1854, 23,000 people died from cholera in Great Britain. Here are Watts' lyrics inspired by Psalm 89 and 90.

"Pains of the flesh seek to abuse our minds with slavish fears; Our days are past and we shall lose the remnant of our years. Jehovah speaks the healing word and no disease withstands; fevers and plagues obey the Lord and fly at His command!"

This great Congregational minister wrote 750 hymns! Watts always found a reason to praise God.

**Virtual Choir Project** – Rehearsal recordings are finished and ready for you to download along with copies of the sheet music. Please contact Tara ([Tara@feefeebc.org](mailto:Tara@feefeebc.org)) to let us know you can participate. When you give her your contact information, you will be included in all informational emails. If you do not have a way to print the music you may pick up a copy of the choral sheet on the table by office entrance.

Again, you do not need to be a current choir member to take part in this project. There is no age limitation. In fact, a multigenerational choir would be ideal!

Please consider joining in this project. We have made it easier than ever!

## Family Front

*Kathy Scott, Director of Children & Family Ministries*

Here are updates on in-person kids' activities:

**Wednesdays:** AWANA has started, 6:00-7:00 p.m. for kids 3 years old through 5th grade. Kids: bring your book, Bible, and wear a mask.

**Sundays:** Preschool care is provided for birth through pre-K during 11:00 a.m. worship. KidsZone has begun as well for kids K-5th grade at 11:00 a.m. The 4th Sunday of each month, K-5th grade kids will still worship with their parents. When there is a 5th Sunday in the month, we will have a Birthday Bash to celebrate birthdays from the months prior.

I hope you will get involved in our Grounded emphasis. There is a devotion for each week to do with your family to involve the kids in this emphasis of reading through the New Testament. You can download the devotional booklets from our [website](http://website) or we can email it to you; we can also mail you a physical book if you prefer. Just let us know! Involvement in a T-group (transformation group) will help you grow deeper into scripture. Encourage your kids to use their devotional books that we send monthly with daily devotions. Get involved!

We are planning to do **VBS** in some form this year. It may be a drive-in experience for families, it may be in-person. But we plan to have something! If you would like to be involved, it's not too early to let me know.

Praying we will ALL be able to join together again in person very soon for Bible Study and other activities! Let me know if you need any resources to help in discipling your children: [kathy@feefeebc.org](mailto:kathy@feefeebc.org).

“And let us watch out for one another to provoke love and good works. Not neglecting to gather together, *(even if it's online)* ... but encouraging each other, and all the more as you see the day approaching,” (Hebrews 10:25).

## Community Connection

*Andrew Yakel, Associate Pastor*

**Blood Drive, February 26** – Our next Blood Drive with the American Red Cross is on Friday, February 26th from 1:00 to 6:00 p.m. It is recommended that all donations be scheduled ahead of time. You can go to the Red Cross website ([www.redcrossblood.org](http://www.redcrossblood.org)) and use the Sponsor Code “**FeeFeeBaptistBridgeton**” to find our drive and schedule your donation. You can also call 1-800-RED-CROSS (1-800-733-2767). The drive will be held in the Family Life Center and everyone donating can drive around to the back of the church and park in the lot by the gym, and enter through the gym doors. On the [blood drive page](http://blood-drive-page) on the church website you can find some helpful info about donating, including who can donate and how to donate, and a link to sign up. If you have any questions about any of this please contact Andrew ([andrew@feefeebc.org](mailto:andrew@feefeebc.org)).

**Loaves and Fishes, February 16** – Once a month we provide dinner for Loaves and Fishes homeless shelter. We are still in need of a group (Bible Study class, family, or individual) that would be willing to provide dinner on Tuesday, February 16. If you are interested in helping out that night, please contact Gloria ([gloria@feefeebc.org](mailto:gloria@feefeebc.org)).