

**Mount Hermon
BAPTIST CHURCH**
STAFF

Pastor.....Danny Davis
Minister of Education.....Ty Lochridge
Minister to Youth and Young Adults.....
.....Josh Mark
Minister to Preschool and Children.....
.....Whitney Clarke
Office Manager.....Joyce Johnson
Secretary.....Karen Haley
Administrative Assistant.....Lydia Landrum
Organist.....Dixie Clifton
Pianist.....Judy Nolen
Housekeeper.....Betty McGhee
(434) 724-7118 • Fax (434)-724-2444
www.mthermonchurch.org

Mount Hermon Baptist Church
4385 Franklin Turnpike
Danville, Virginia 24540

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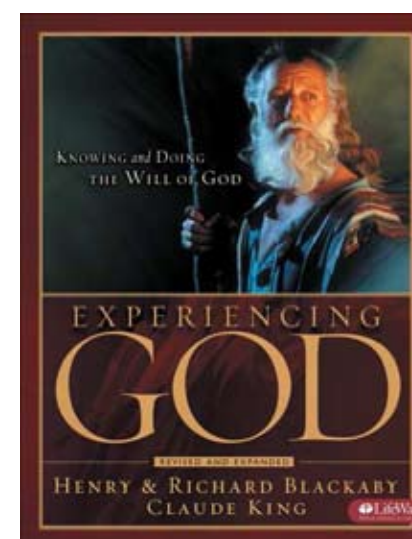


Mount Hermon
BAPTIST CHURCH

The Vision

Experiencing God
Beginning the week of September 13.

Small group meetings are
being formed.
Join one and make the most of this
unique opportunity!
Sign up sheets are located in the
children's lobby.



Day/Time, place and facilitators are outlined
in the enclosed insert.

Pornography, Predators & Promiscuity
A new sermon series by Pastor Danny



- September 6 *The Pull of Pornography*
- September 13 *Surviving in a Predatory Society*
- September 20 *From Promiscuity to Purity*

An alternative children's worship experience
will be offered at both 8:30 & 11 AM

- Servants of the Week**
Counting Committee
Barbara Cassada, Bobby Pace, Wray Ware
Deacons
J. Landrum, Carroll Yeaman
Repairs and Maintenance
Ronnie Plaster
New Member Team
Keith Southern
- Sunday, August 23**
Prayer Team Ministry
8:30 am Jennifer & Scott Williams
11:00 am Mary Jo Crane, Joanie Hendrix
Sound
8:30 & 11:00 am David Carter
6:00 pm Scott Williams
Childcare Workers
8:30 am Melissa Clarke, Maxine Nester
Tim & Gretchen Clark,
Earl & Lori Glass
11:00 am Alisa & Kathryn Gillispie,
JoAnn Atkinson,
Jason & Brandy Spencer,
Carlton Mitchell,
Robin Crutchfield
6:00 pm Mike & Avery Wyatt
Children's Church
No Children's Church
- Wednesday, August 26**
6:30 pm Heidi Irvin, Whitney Clarke

- Opportunities of the Week**
Sunday, August 23
Morning Worship..... 8:30 am
All Church Fellowship Time..... 9:30 am
Media Library Open..... 9:30 am
Sunday School..... 9:45 am
Good News SS Fellowship..... 9:45 am
Morning Worship..... 11:00 am
Media Library Open..... 12:00 pm
Evening Worship..... 6:00 pm
- Monday, August 24**
Connect - Singles Ministry
in Fellowship Hall..... 7:00 pm
- Tuesday, August 25**
Deacons' Supper..... 6:30 p.m.
Repairs & Maint. Cmt..... 7:00 p.m.
- Wednesday, August 26**
Mid-Week Worship..... 6:45 pm
Adult Choir Practice..... 7:30 pm
- Thursday, August 27**
Keenagers' Luncheon..... 12:00 p.m.
- Saturday, August 29**
SS Leadership Training..... 8:30 a.m.

For the Record
August 16, 2009
Sunday School

	Enrollment	Attendance
Gen Officers	6	5
Preschool	85	50
Children	127	60
Youth	137	43
Adult	835	137
TOTAL	1187	395

Worship

8:30 am268
11:00 am219
TOTAL577

Budget Receipts\$13,446.01
Building Receipts (to date)\$236,561.02

Youth Bell Choir Resumes
Wednesday
August 26
6:00 p.m.



Looking for volunteers to be part of the worship team in video and multi-media areas. Training will be provided. If interested, contact Ty @ the church office.

From Our Pastor. . .

Hi! This is Sandy. That's right...the truth can now be told. I have been ghostwriting all the newsletter articles and blogs for Danny....not!

But graciously, Danny has given me space to write about something that has been brought to my attention. A little over a month ago, a church member approached me, concerned about my lack of not looking forward or at the stage during worship services. She told me it had been a point of concern and discussion among others. As I answered her questions, it dawned on me that I had more than likely done a great disservice to my church family. It made me realize that I had not shared an important aspect of my life.

I have Fibromyalgia. It's not the way I introduce myself....Hi, my name is Sandy and I have Fibromyalgia. But it is a large, daily part of my life. It's something that God, in His plan for me, gave me. Fibromyalgia is a chronic pain condition. People with Fibromyalgia experience pain every day, all day. The pain is not in your joints like arthritis, but rather in your muscle groups. The level of pain varies, even during the day. Most people with Fibromyalgia have a "primary" region or area of pain. This is the area that experiences pain on a constant basis. For me, my primary or constant area of pain is my chest, left shoulder and arm and neck. But Fibromyalgia is also a roaming condition. On any given day, any given hour, pain may occur in the hips....in the legs...on one side of your body...anywhere. Just as with any chronic condition, you have good days and bad days. Unfortunately, sometimes the bad days stretch into weeks or months. And just as blessedly, the good days can stretch into weeks or months.

People with pain conditions develop techniques or mechanisms that help alleviate pain. I use stretching and weight training classes to strengthen my muscle groups. Sometimes, I work with a

physical therapist with deep tissue massage and stretching. I use relaxation techniques such as deep and slow breathing. As a last resort, I utilize medication. But I also use simple movements. Since my primary pain is in the upper body, I many times have a hard time sitting because then my upper body is doing the work to hold me upright. When I was in the choir, some may recall that I would stand during Wednesday night rehearsals and I would often ask my neighbor to hold the music. My Sunday School class may have noticed that I tend to sit forward and even rock as I sit in the metal chairs. During bible studies, I use a stool many times on which I can "wiggle." At most receptions or fellowships, I usually stand. I use the front of the pew to hold the hymnal. I move my head a lot. Sometimes, I look at the choir, then shift to Dixie and the organ, then shift again to the communion table...to Judy at the piano...to the pulpit...to a window...to the floor. While Danny is preaching, I have my bible and my study notes which help keep my head moving side to side and up and down. I sometimes use a hymnal as a hard surface behind me to push me up and forward.

I cannot control the good days and bad days. And many times, I cannot control my face and eyes. Most often, people ask if I'm tired. That is certainly true as a common companion to Fibromyalgia is Chronic Fatigue Syndrome. But, by God's grace, I have not struggled with long bouts of fatigue. This thing....this condition....is not what defines me. I am more than Fibromyalgia. I am a daughter of the Most High God. My Good Father knew that I needed this in my life. He knew that I would be strong enough to handle it as long as I stayed close to Him. His Spirit reminds me daily that I am not alone. He sees me...even when the bad days have stretched into 4 or 5 months. You stay grounded when you deal with chronic pain. You are grate-

ful for good days, but also grateful for the bad days for they keep your focus centered on the One who created you. Why would I think that I would go through life without some sort of "thorn in the flesh?" Why would anyone think they would be the one person to float through life without some hard stuff to deal with?

So if you notice that I look a little tired or even a little sad....don't worry. I'm not fragile...well, maybe on a few days. I have Fibromyalgia, but it doesn't own me. I am the Lord's and willing to accept whatever He brings into my life. But, just think! For those who deal with chronic pain or chronic asthma or any physical ailment...one day there will be no more pain, no more tears, no more....well, you fill in the blank. If you are struggling, let that be a word of encouragement to you. And always remember, you have a God Who sees you, Who seeks after you, Who waits to bind you to Himself.

Now you know "the rest of the story". I never meant for it to be a secret. I just don't try to dwell on it. Now you can, if you will, pray for me more specifically. Now, I'll turn this writing thing back over to the experts!

Blessings on each of you!
Sandy



We have received "thank you" notes from...
God's Storehouse
Jack and Judi Brown
Donnie Adkins
John Wilt
Look for them on the bulletin board in the Children's lobby.



Words are not enough to express my sincere appreciation to each of you for the kind words and encouragement shown to me at the reception held in my honor for my ten year anniversary. It is with great pleasure and joy to serve on the church staff as well as with you in the different aspects of the church ministry that I am involved with.

These ten years have only been possible through our great Lord and Savior and I owe it all to him.

Thank you for the many cards and gifts that I received and the wonderful reception for me and my wonderful family. I look forward to many more years of service to you and our God.

God bless you.

Love you,
Karen Haley

*Mr. and Mrs. Larry Benjamin Haley
along with
Mr. and Mrs. Jack Russell Thrift
and
Ms. Vernell Thrift Griffio
Request the honour of your presence
at the marriage of their children
Adah Nicole
to
Patrick Morgan
On Saturday, the fifth of September
Two thousand and nine
At two o'clock in the afternoon
Mount Hermon Baptist Church
4385 Franklin Turnpike*



Young Musicians Choir

We are in need of a director for the Young Musicians Choir for grades 2 - 6. If you are willing to help out with this choir, please call Paige Thompson at 793-6223.

Keenagers' Covered-dish Luncheon
Thursday, August 27, 2009
12:00 Noon

In the fellowship Hall

Aaron Stewart, grandson of Mack & Marie Stewart, will be presenting the program and music.

Any questions, call Janet Adkins
at 724-4615



For All Single Adults

Connect

Meets Mondays
@ 7 p.m.
Mt. Hermon Baptist Church
4385 Franklin Turnpike
Fellowship Hall

- Fellowship
 - Prayer
 - Bible Study
- Questions? Call Ty (434) 724-7118



"Where's Waldo?" Party

Saturday, September 26
5:00 pm
(Meet at the Mall)

Tickets will be available in the Children's lobby this Sunday at \$5.00 per couple.

Got Questions? Contact
Geoff/Sherry Johnson (836-1826)

Clean-up Day Saturday, August 22

8:30 a.m.—Noon

Clean up classrooms and closets in preparation for our new Sunday School year.