A Publication of the Baptist General Convention of Virginia

Baptist Herald

BGC Family,

Merry Christmas to each of you and those whom you cherish! On behalf of the entire Executive Committee, General Board, Interim Executive Minister and Staff, I extend unto you the blessings of joy, peace, love and hope during this holiday season. As we celebrate the birth of our Lord Jesus Christ, we are reminded that God is still able to do a new thing in each of our lives; and that God has heard our prayers for deliverance. Thank you for all of your support extended unto the Baptist General Convention and how through your generous offerings we were able to bless countless families who endured the turbulent winds and waters of Hurricane Harvey. Your gracious gift giving amounted to \$50,000.00 given directly to those of the Houston metand another ropolitan area \$36,200.00 given to Lott Carey Foreign Missions for continued relief efforts in Texas, Louisiana, Florida and the Caribbean.

As a pastor, I am aware of the many financial obligations that we all have within the context of our local communities of faith: nevertheless. I am convinced that as mission minded Baptist believers we have a responsibility to ensure that a greater work is being done beyond our immediate reach through bodies such as our beloved state convention. With that being stated, I humbly request your consideration of the Baptist General Convention, it's financial needs and ministries during this time of 2018 budget proposals so that we can continue to carry out the mandated work of our Lord. I conclude with the words of John in

that I pray that you will prosper and be in good health as your soul prospers... 3 John 1:2 President Howard





BGCVA Chrismon Tree: A Brief History

Chrismon Ornaments were originated and first made for use on the Christmas tree of Ascension Lutheran Church in Danville, Virginia, in 1957 by Mrs. Frances Kipps Spencer, a church member. The designs were monograms of and symbols for our Lord Jesus Christ. Because these designs have been used by his followers since biblical times, they are the heritage of all Christians and serve to remind each of us regardless of denomination of the One we follow. All Chrismon Ornaments are made in a combination of white and gold to symbolize the purity and majesty of the Son of God and the Son of Man.

Chrismon Ornaments' Symbols:

- ⇒ The Cross ⇒ Butterfly
 ⇒ Chalice ⇒ Celtic Cross
 ⇒ Crown ⇒ Trefoil
 ⇒ Angel ⇒ 5 Pointed St
- ⇒ Angel
 ⇒ Alpha and Omega
 ⇒ Descending Dove
 ⇒ Lights
- ⇒ Descending Dove ⇒ Lights
 ⇒ Anchor ⇒ Earth
 ⇒ Chi Rho ⇒ Clam
- \Rightarrow Peace Dove \Rightarrow Fish or IXTHUS
- \Rightarrow Triumphant \Rightarrow Lamp Church Cross \Rightarrow Heart
- ⇒ Jerusalem Cross
 ⇒ Round Cross
 ⇒ Symbol of Love
 ⇒ Star of David
- ⇒ HIS--lota, Eta, ⇒ 8 pointed Sigma Armenian Star
- \Rightarrow Trinity \Rightarrow Grapes \Rightarrow Babe in a manger \Rightarrow Wheat
- ⇒ Lamb of God

A Message from our Interim Executive Minister



I wanted to take a moment in this issue of the Herald to say THANK YOU.

Thank you Baptist General Convention of Virginia (Officers, Ministries, Staff, Associations, Pastors and Churches) for allowing me to

serve with you and for you during the past four (4) years as your Interim Executive Minister. Any and everything accomplished during the years that I have been blessed to serve could not have been accomplished without you and God blessing our efforts.

May God ever bless you as you continue to come together from all parts of our Commonwealth, united for greater ministry and missions.

The work goes on and our God is glorified.

David L. Chapman

Baptist Herald

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Hurricane Relief Fund Contributors

Thank you to the churches and individuals who contributed to our campaign to help hurricane victims in Texas, Florida and Puerto Rico.



Pictured From Left: Dr. Gregory M. Howard, BGCVA President; Rev. Jewel London, Pastoral Assistant to Dr. Ralph D. West of The Church Without Walls; and Dr. Samuel J. Gilbert, II, HMBMC President in Houston, Texas

Churches

- Abiding Faith Baptist Church—Kilmarnock \$200.00
- ♦ Abner Baptist Church—Glen Allen \$2,500.00
- Anointed New Life Baptist Church—Henrico \$657.00
- Antioch Baptist Church—Hampton \$1,500.00
- Baptist Union Baptist Church—Dillwyn \$500.00
- Bethany Baptist Church—Montpelier \$1,078.25
- Beulah Baptist Church—Alexandria \$1,000.00
- Beulah Baptist Church—Lively \$200.00
- Cedar Grove Baptist Church—Providence Forge \$794.25
- Chantilly Baptist Church—Chantilly \$265.00
- Cherrystone Missionary Baptist Association \$375.00
- Clarksville Baptist Church—Warsaw \$500.00
- ♦ Concord Baptist Church—Chase City \$815.00
- Eastern Shore Baptist Association \$200.00
- ◆ Ebenezer Baptist Church—Alexandria \$1,244.44
- ♦ Ebenezer Baptist Church—Dillwyn \$77.50
- ♦ Emmaus Baptist Church—Goochland \$200.00
- ◆ First Baptist Church East End—Newport News \$5,862.42
- First Baptist Church of Chilhowie—Chilhowie \$572.00

- ◆ First Baptist Church Mahan—Suffolk \$2,366.55
- ◆ Fifth Street Baptist Church—Richmond \$2,500.00
- First Antioch Baptist Church—Powhatan \$1,118.00
- ◆ First Baptist Church—Heathsville \$315.00
- ♦ First Baptist Church—Campostella \$500.00
- ◆ Forest Baptist Church—Meherrin \$300.00
- Good Hopewell Baptist Church—Richmond \$239.00
- ♦ Gospel Temple Baptist Church—Keller \$1,000.00
- Gravel Hill Baptist Church—Richmond \$1,730.50
- ♦ Greater Union Baptist Church—Chase City \$80.00
- ♦ Greenwood Baptist Church—Boydton \$600.00
- ◆ Guildfield Baptist Church—Midlothian \$500.00
- ♦ Hartswell Baptist Church—Lancaster \$200.00
- ◆ High Bridge Baptist Church—Rice \$200.00
- Jerusalem Baptist Church—Manakin-Sabot \$1,843.26
- ◆ Jerusalem Baptist Church—Temperanceville \$2,000.00
- ◆ Jerusalem Baptist Church—Waverly \$1,000.00
- ♦ Lombardy Grove Baptist Church—South Hill \$500.00
- Macedonia Baptist Church—Bloxom \$215.50
- Morning Star Baptist Church—Spring Grove \$2,550.00
- Morning Star Baptist Church—Montross \$350.00
- Morning Valley Baptist Church—Dillwyn \$500.00
- Mosby Memorial Baptist Church—Richmond \$1,455.00
- Mt. Calvary Baptist Church—Hopewell \$500.00
- Mt. Carmel Baptist Church—Richmond \$1,000.00
- Mt. Zion Baptist Church—Bumpass \$808.00
- Mt. Zion Baptist Church—Farnham \$500.00
- Mt. Ararat Baptist Church—Clarksville \$250.00
- New First Baptist Church Taylorsville—Portsmouth \$6,000.00
- New Hope Baptist Church—Bristol \$228.00
- ♦ New Hope Baptist Church—New Canton \$225.00

- New Macedonia Miss. Baptist Church-\$100.00 Pocomoke
- New Mt. Zion Baptist Church—Caret \$3,000.00
- New St. Douglas Baptist Church—Boydton \$200.00
- New Mt. Zion Baptist Church—Painter \$200.00
- Olive Branch Baptist Church—Portsmouth \$691.11
- Pleasant Grove Baptist Church— \$1,095.55 Mechanicsville
- Queen Esther Baptist Church-Mollusk \$400.00
- Quioccasin Baptist Church—Henrico \$1,000.00
- Rising Mt. Zion Baptist Church—New Kent \$230.00
- St. Level Baptist Church—Clarksville \$1,000.00
- Salem Baptist Church—Salem \$200.00
- Schaeffer Memorial Baptist Association \$100.00
- Sharon Baptist Church—Richmond \$584.46
- Shiloh Baptist Church—Powhatan \$466.00
- Spreading Oak Baptist Church—Arvonia \$225.00
- Springfield Baptist Church—Meherrin \$1,151.46
- St. John Baptist Church—Charles City \$500.00
- St. John Baptist Church-Milford \$500.00
- St. Luke Baptist Church—Skipwith \$500.00
- St. Mary Baptist Church—Jamesville \$100.00
- **Sunnyside Baptist Association** \$100.00
- The First Baptist Church—Petersburg \$1,200.00
- Third Baptist Church—Portsmouth \$9,000.00
- Trinity Baptist Church—Center Cross \$200.00
- Union Baptist Church—Richmond \$50.00
- Westwood Baptist Church—Richmond \$1,200.00
- Willie Chapel Baptist Church—Lancaster \$4,200.00
- Women's Missionary & Ed. Conv. Dillwyn \$250.00
- Zion Baptist Church—Richmond \$700.00
- Zion Baptist Church—Petersburg \$3,932.56

<u>Individuals</u>			
•	Gloria Page	\$50.00	
•	Ralph T. Fleming	\$30.00	
•	Rosette Graham	\$25.00	
•	Vodricka Epps	\$200.00	
•	William Rogers	\$75.00	
•	Fred Brown	\$100.00	
•	Cynthia Bradford	\$1,000.00	
•	Edna Crabbe	\$100.00	
•	Gracie Davis	\$55.00	
•	Marie Gillespie	\$25.00	
•	Audrey Todd	\$100.00	
•	Janet Morris	\$50.00	
•	Joseph Scruggs	\$50.00	
•	Patricia Humphrey	\$10.00	
•	Thomas S. Simmons	\$50.00	
•	Janet Wynn	\$50.00	
•	Sheryl McDowney	\$100.00	
•	Christina Judge	\$25.00	

\$100.00 **David Chapman Pauline Young** \$300.00 \$200.00 Harvey Davis **Nellie Gray** \$30.00 Van Petty, Sr. \$50.00

Rev. R.V. Sykes \$20.00 **Daisey Devo** \$20.00 E.L. Freeman \$25.00

Veda Branch \$20.00 Tammie Tisdale \$10.00 **Reginald Davis** \$25.00

Bill & Shirley Johnson \$20.00 Raleigh & Sandra Bagley \$50.00

Cora H. Pettus \$25.00 **Betty Williams** \$20.00

Total = \$3,010.00

Grand Total: \$86,201.81

Pictured Below: Persons who received the hurricane



2018 BGCVA Church Finance and Tax Compliance Conference

January 6, 2018 8:00 AM - 2:00 PM



First Baptist Church Centralia

2920 Kingsdale Road Richmond, VA 23234

This exciting, one-day conference is designed for Pastors, Trustees, Deacons, Treasurers, Finance Ministry, Finance Committee, etc.

Registration is \$50 per person Deadline is December 29, 2017 **Register Today!** www.bgcva.org

The Advent Season: Blessings in Christ's Coming

The Advent season is a time to reflect on the first coming of Christ and to expectantly wait on Christ's second coming. It is at this time that we focus our thoughts on the birth of Christ, the promise of his return and his continued presence in our lives.

The Advent Wreath is round and has five candles three purple, one pink and a large white candle in the center. The wreath's circular shape represents eternity and the evergreen signifies growth and everlasting life. The candles represent four weeks of preparation for the coming light of Christ's presence in the world. The three purple candles remind us of the royalty of the soon coming Christ who is the King of Kings. The pink candle represents the extravagant joy we experience at Christ's coming. The Lord has come. The Lord is come. The Lord will come. The large white center candle reminds us that the Light of Christ is forever present in our hearts. We praise God for sending His Son into a dark world to wash away our sins through Christ's death. And, now we wait! Not idle, but with great anticipation, we await Christ's second coming to redeem His world back to Himself.

This year we acknowledge the Blessings of Christ's Coming by being thankful, patient, joyful, yet humble, even in times of adversity reminds us of our soon coming King. Remembering the true meaning of Christmas, whom we celebrate during this time, God's many promises and God's gift of salvation will encourage us during all seasons of life.

Week 1 – A Time For Thanksgiving – 2 Corinthians 1:3-11

Reader: This is the first Sunday of Advent. We focus our attention on Thanksgiving as we give thanks to God who is our provider, planner, and promise keeper.



Leader: ³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, ⁴ who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.

Congregation: We thank you for being the God of all consolation, the one who lessens our grief.

Leader: ⁵ For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. ⁶ If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering.

Congregation: We thank you for giving us abundant consolation, that we may patiently endure in sufferings.

Leader: ⁷ Our hope for you is unshaken; for we know that as you share in our sufferings, so also you

share in our consolation.

Congregation: We thank you for our unshaken hope for you, that unites us with Christ.

Candle Lighting Reader: Today, we light the first purple candle to remind us that this is A Time of Thanksgiving. Praise be to God!. Amen.

Week 2 - A Time For Patience - 2 Peter 3:8-15a

Reader: On this second Sunday of Advent we focus on Patience. We are encouraged to wait on our Lord who makes all things ready for the appropriate time.



Leader: ⁸But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day.

Congregation: Be patient, for God's time is not like ours.

Leader: ⁹ The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance. ¹⁰ But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.

Congregation: Be patient, for God's timing is perfect timing.

Leader: ¹¹ Since all these things are to be dissolved in this way, what sort of persons ought you to be in leading lives of holiness and godliness, ¹² waiting for and hastening the coming of the day of God, because of which the heavens will be set ablaze and dissolved, and the elements will melt with fire? ¹³ But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.

Congregation: Be patient, for God keeps his promises.

Leader: ¹⁴ Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish; ¹⁵ and regard the patience of our Lord as salvation. Congregation: Be patient, God seeks holiness.

Candle Lighting Reader: Today we re-light the first purple candle that reminds us that this is A Time of Thanksgiving. We light the second purple candle to remind us that this is A Time For Patience. Praise be to God! Amen.

Week 3 - A Time For Joy - Philippians 4:4 - 9

Reader: On this third Sunday of Advent we focus on Joy. We know that real joy can only be found in our Lord who is the source of it.



Leader: ⁴Rejoice in the Lord always; again I will say, Rejoice.

Congregation: Our joy is always in the Lord, who is the grounding for it.

Leader: ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Congregation: Our joy is in our confidence in God, who cares for all.

Leader: ⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Congregation: Our joy is in our virtuous thoughts, which are on the things of God.

Leader: ⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Congregation: Our joy is in the peace of God, who promised to always be with us.

Candle Lighting Reader: Today we re-light the first and the second purple candles and the pink candle that reminds us that this is A Time of Thanksgiving, Patience and Joy. We light the pink candle to remind us that this is A Time For Joy. Praise be to God! Amen.

Week 4 – A Time For Humility – Philippians 2:1-11

Reader: The fourth Sunday of Advent our focus is on Humility. We know that serving in humility positions us to be exalted by God.



Leader: ¹If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, ² make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.

Congregation: We humble ourselves in the spirit of love.

Leader: ³ Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. ⁴ Let each of you look not to your own interests, but to the interests of others.

Congregation: We humble ourselves in the spirit of selflessness.

Leader: ⁵ Let the same mind be in you that was in Christ Jesus, 6 who, though he was in the form of God, did not regard equality with God as something to be exploited, ⁷ but emp-

tied himself, taking the form of a slave, being born in human likeness. And being found in human form, ⁸ he humbled himself and became obedient to the point of death—even death on a cross.

Congregation: We humble ourselves in the spirit of obedience.

Leader: ⁹ Therefore God also highly exalted him and gave him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, ¹¹ and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Congregation: We humble ourselves in the spirit of Christ.

Candle Lighting Reader: Today we re-light the first and second purple candles and the third candle to remind us that this is A Time of Thanksgiving; A Time of Patience; and, A Time of Great Joy. Today, we light the last purple candle to remind us this is A Time of Humility before our awesome God. Praise be to God! Amen.

CHRISTMAS DAY – A Time For Love – John 3:16

Reader: We have been diligent in our waiting! Christmas Day has arrived! Today, we shout to the Lord as we remember a time for God's love to be manifest when He sent His Son – Jesus – into the world that we might become reconciled to our Heavenly Father.

Leader: For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

Congregation: Let us give the gift of God's unconditional love.

Candle Lighting Reader: Today we re-light the first, second, and third candles that remind us that this is A Time of Thanksgiving, A Time of Patience. We re-light the third candle, the pink candle to remind us that this is A Time of Great Joy. We re-light the third purple candle to remind us that this is a time of Humility. And, today we culminate by lighting the large white center candle! The Christ Candle.

We are reminded that Christ is the <u>only</u> reason for this season! God sent His only Son into a cruel world to redeem the world back to Himself. Christ came in the flesh as baby Jesus to take away our sins. He was put to death on the Cross for all our sins so we could be set back into a right relationship with God, our Father! Thank you God for loving us so much. All praise, honor, and glory belong to you alone. Praise be to God! Amen.



Stress, Depression and the Holidays: Tips for Coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- Acknowledge your feelings. If someone close to you
 has recently died or you can't be with loved ones,
 realize that it's normal to feel sadness and grief. It's
 OK to take time to cry or express your feelings. You
 can't force yourself to be happy just because it's the
 holiday season.
- Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- 3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- 4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- ♦ Donate to a charity in someone's name.
- ♦ Give homemade gifts.
- ♦ Start a family gift exchange.
- 6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- 7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work over-

Baptist General Convention of Virginia

Reviving Our Roots: Prophetic Preaching and Our Missional Mandate Luke 4:18-19(NIV)

Faith, Redemption and Re-Integration

Healing Communities

Stations of Hope

Training

January 20, 2018 8:00 AM - 12:00 PM

Holiday Inn & Suites
Gateway

515 Bypass Road, Williamsburg, VA 23185



Facilitator: Rev. Dr. J. Elisha Burke

Director of Health & Wellness, Men and Social Justice BGCVA

"Understanding the Impacts of Incarceration on Health"

Guest Facilitator: Rev. Dr. Harold Dean "Doc" Trulear



Director of the Healing Communities Prison Ministry and Prisoner Reentry Project of the Philadelphia Leadership Foundation & Associate Professor of Applied Theology at Howard University School of Divinity

Registration: \$35, Includes Continental Breakfast and Boxed Lunch

Register Today! bgcva.org





Homegoing Celebrations

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. 2 Thessalonians 2:16-17

On behalf of President Howard, Interim Executive Minister Chapman, staff, and officers of the Baptist General Convention, our thoughts and prayers continue to be with the families of the following persons, who have transitioned into eternal rest since June, 2017.

* Mr. James Champ, III entered eternal rest on September 24, 2017. James leaves to cherish his memory, his wife, Dr. Patricia Gould-Champ (Pastor, Faith Community Baptist Church;



former BGCVA President and Executive Team Leader); daughter and son-in-law, Mrs. Pamela Champ-Powell (Desmond); the Faith Community Baptist Church family; and, a host of other relatives and friends. James served well as a former BGCVA Men's Ministry Vice-President and President.

* The Reverend Norman William Smith, Sr., transitioned to eternal life on November 6, 2017. He was the esteemed Pastor Emeritus of Mt. Olive Baptist Church, Rectortown,



Virginia where he served as pastor for over 50 years. In addition to being a faithful supporter of BGCVA, Reverend Smith served with distinction as the Chairman of the Board for the Lott Carey Foreign Missions Convention from 1988-2002. These years included the critical transition of passing the torch of executive leadership from Dr. Wendell Clay Somerville to the current executive, Dr. David Emmanuel Goatley. Reverend Smith is survived by his wife, Grace Thompson Smith; three daughters - Faithe Smith, Leah Smith Jackson; Lorri Smith Jackson (Bruce); two sons: Norman William Smith, Jr. (Vicki); Timothy Thompson Smith (Memo); and a host of other relatives and friends.

Around the Country:

* The Reverend Dr. Chancy
Rudolph "C.R." Edwards,
Pastor, First Baptist Church
(Moore Street) Fayetteville.
North Carolina (1953-1990)
departed this life on August



23 in Raleigh, NC. In addition to his service as a pastor, elected official, civil rights activist and civic leader, Pastor Edwards served as President of Lott Carey (1973-1976) and its Interim Executive Secretary-Treasurer (1995-1997).

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

Brotherhood Mutual Church Insurance Testimonials

Baptist General Convention of Virginia's Ministry Partner Program we have with Brotherhood Mutual Church Insurance Company of Fort Wayne, Indiana has been very beneficial. Many of our churches have already taken advantage of the high quality property, liability, church owned vehicle, and workers compensation coverage this fine company offers and have been pleased with the savings in premiums as well as improvements in coverage protection and great service. Here are a few of their testimonials:

⇒New Hope Baptist Church, Bristol

I write this letter to celebrate our church partnering with the Brotherhood Mutual Insurance Company! We are located in Bristol, Virginia on the border of Tennessee. Mr. David Rogers had no problem making two (2) trips down to assist us with a smooth transition.

I personally am excited at the fact that we are actually saving at least \$500.00 annually on our premiums—monies that can easily be placed in other areas of ministry! Thank you, Brotherhood Mutual for all you do for our church and your partnering with the Baptist General Convention of Virginia, the state convention to which our church is a proud affiliate. Special thanks to Mr. Rogers for his skillful knowledge and Godly wisdom in his profession as Church Insurance Specialist. Mr. Rogers, I personally thank God for your ability to be patient and comprehensive to the lay minds. I only hope that there is more that I may do to share with others that they may readily evaluate your great potential as an insurance specialist and even more, as a man of God. Be blessed!

William J. Reid, Senior Pastor

⇒Union Branch Baptist Church, South Chesterfield

As Executive Minister/Church Administrator of Union Branch Baptist Church in Chesterfield, VA, we found ourselves in need of insurance. The other insurance company was getting ready to increase our cost because of our claims history. We contacted David Rogers from Brotherhood Mutual who was more than accommodating. He was able to find us a policy that suited our needs and we are very happy with the service thus far. I would highly recommend David to any other church, because it is easy to do business with Brotherhood Mutual — friendly and competent.

Janet Wynn, Executive Minister/Church Administrator

⇒St. John Baptist Church, Tappahannock

It is truly a pleasure to work with David Rogers. He has been extremely helpful to our church officers as we went through the loss of our church by the tornado on February 24, 2016. He helped with the process of assessing the damage and filing our claim. This process was new and unfamiliar to us. He assured us he was available to assist us throughout the whole process.

We appreciate the support and service of Mr. David Rogers as he represents the Brotherhood Mutual Insurance.

We look forward to working with you as we plan to rebuild our church.

God bless you.

Rev. Linwood L. Jones, Jr., Pastor George Johnson, Chairman of Deacons Sandra Payne, Church Clerk

⇒First Baptist Church Bute Street, Norfolk

May grace, mercy and peace be yours! It is a privilege and pleasure for me to write this letter of recommendation for Mr. David Rogers, who has served as our church insurance agent for more than 25 years. We have been pleased and blessed by his knowledge and understanding of our work and ministry both to our congregation and to the community. He has helped us to save considerable amounts of money by matching our need to serve with the right insurance products. Mr. Rogers has a great commitment to providing the most up to date coverage to help churches with their program ministry expansion. One of the insurance coverages for First Baptist was to provide adequate protection for children. His presentation was helpful to us as we opened our school, giving the latest information of state and federal requirements. Also, he has helped with our ministry of a banquet facility and our assisted living facility. In other words, he has helped protect and insure us with ministries beyond our church walls.

Please know that Mr. Rogers has my highest recommendation for your church insurance. He will seek to help you with a product that "fits" your needs. I have recommended him to other pastors and churches and we, at the Historic First Baptist Church of Norfolk, have been very satisfied with his services.

If you need further information concerning Mr. Rogers and his service in the insurance industry, please do not hesitate to contact me. May God bless your ministry.

Yours in God's service,

Robert G. Murray, D. Min., Senior Pastor

⇒Mt. Olive Baptist Church, Centreville

As pastor of Mount Olive Baptist Church, I'm pleased to acknowledge the benefits and savings realized from the services of Mr. David Rogers of the Brotherhood Mutual Insurance Company. As a result of his efforts and the services of Brotherhood Mutual, we're in a better insured position than we were under our former insurance carrier.

My attention was directed toward Mr. Rogers as a result of a very confident statement he made at an Annual Session of the Baptist General Convention. He stated emphatically if he was allowed the opportunity, he could bring financial savings and improved insurance coverage to the church through Brotherhood Mutual. His impressive statement implied the very elements which most often are the search criteria for the informed consumer, "better for less". The question of how resonated in my mind especially given the fact that he couldn't possibly

know what type of coverage a church had nor how much was being paid in premium expense. How can he be so sure he could deliver such outcomes?

Having dialogued with Mr. Rogers, I came to learn that hi confidence came as a direct result of his many years of experience and his knowledge of the insurance industry. He is well informed on the companies insuring most churches and the different types of coverage being provided. This expertise was demonstrated when he not only reviewed our existing policy and inspected our facility, but it was inherent as he went further in examining our operational practices, our vision for the future, our use of motor vehicles and our staffing composition. In essence, he doesn't just market a product, but instead provides a thorough analysis in a personable manner in order that the church may have what it necessarily need.

Mr. Rogers has tailored insurance coverage for the Mount Olive Baptist Church through Brotherhood Mutual that delivered on hid words. We have better coverage at a lower cost. If a pastor, officer or member of a church has heard Mr. Rogers' emphatic statement of how he can bring savings and better insurance coverage to the church through Brotherhood Mutual Insurance Company and have not given him the opportunity to demonstrate it, the church just might be paying "more for less".

I strongly recommend David Rogers and Brotherhood Mutual Insurance Company to all who're looking for the best service and the best coverage.

Grace and Peace,

Rev. Dr. Eugene Johnson, Senior Pastor

Continued from Page 5

time, try to remove something else from your agenda to make up for the lost time.

- 8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:
 - Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
 - ♦ Get plenty of sleep.
 - ♦ Incorporate regular physical activity into each day.
- Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- ♦ Taking a walk at night and stargazing.
- ♦ Listening to soothing music.
- ♦ Getting a massage.
- ♦ Reading a book.

 Seek professional help if you need it. Despite your best efforts, you may find yourself feel-

ing persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544?pg=2

J. Elisha Burke, M.Div., D. Min. — BGCVA Health & Wellness Ministry

BGCVA 2018 Conferences & Events

Please include these Dates on your 2018 Church Calendar

January	
6	Church Finance and Tax Compli-
	ance Conference, Richmond
15-16	MLK Celebration and Day of
	Ministry Service
20	Prisoner Re-entry Ministry Train-
	ing, Williamsburg
28	Statewide BGCVA Day

February

VUU Founders Day
 16-17 Mid-Winter Ministries Session,
 Newport News

March

3 Children and Youth Workers'
Conference, Richmond
10 VUU Church Leadership Conference

<u>June</u>

24-28 II9th Annual Session and Congress of Christian Education,
Richmond

<u>July</u> 12-14

14

Youth Retreat, Richmond Children's Home Founders Day

September (Christian Education Month)

8 Church School Conference, Central VA

15 Church School Conference, Tidewater

October (Clergy Appreciation Month)

7-13 BGCVA Week of Prayer
14 Clergy Appreciation Day

20 Church School Conference, Northern VA

November

Day of Social Action

Barrell Session, Richmond
Church School Conference, Roanoke

*** Dates and Locations are Subject to Change. ***
Full Calendar of Conferences & Events Coming Soon!!
Please check our website for all upcoming events and resources.

Baptist General Convention of Virginia

Make your RESERVATIONS for the

119th Annual Session and

Congress of Christian Education

June 24—28, 2018



\$130.53 per night (Single/Double), occupancy & sales tax included.

PLEASE NOTE: Name changes may be made to room reservations prior to arrival at the established group rate at no charge, if there is no change to arrival and departure dates. In the event a guest who has requested a room within Group's block checks out prior to guest's reserved checkout date, the Hotel will add an early checkout fee to that guest's individual account. Guests wishing to avoid an early checkout fee should advise the Hotel at or before check-in of any change in planned length of stay. The Hotel will inform members of your Group of this potential charge and requests that you (BGCVA) also inform your attendees of this obligation.

Deadline to reserve is June 2, 2018 by 5:00 PM.

Baptist General Convention of Virginia 1214 West Graham Road Richmond, Virginia 23220

Address Service Requested

Non-Profit Org. U. S. POSTAGE PAID Richmond, Virginia Permit No. 954

2018 Budget

As you prepare your 2018 Church Budget, please include the Baptist General Convention of VA, it's missions and ministry in your budget. We would appreciate it.

Also if you have not sent in your 2017 contribution, we pray that you will be able to do so by December 31, 2017. God Bless.



BGCVA Mid-Winter Ministries Session FEBRUARY 16 – 17, 2018

Inclement Weather Date: February 23—24



@ Gethsemane Baptist Church 5405 Roanoke Avenue Newport News, Virginia

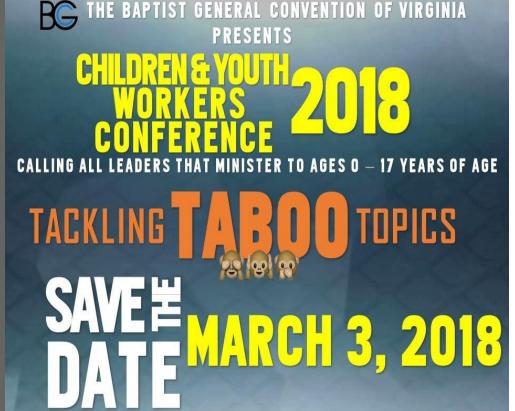
Registration is \$125.00 per person.

Deadline: February 9, 2018

Hotel Reservations @Spring Hill Suites – 1997 Power Plant Parkway, Hampton, VA 23666; call 757.310.6333 to reserve

King/2 Queen - \$89 + 14.5% tax = \$101.91

Deadline: January 15, 2018



FOR MORE INFORMATION: 8042282421 OR YOUTH@BGCVA.ORG