



# *The Encourager*

**Senior Ministries Mission:** To provide an environment of good Christian fellowship, caring and encouragement and be a radiating source of salt and light for church members and the community.

**\*\*\*TOUR OF THE MUSEUM OF WESTERN ART, TUESDAY, JANUARY 23.**

Kerrville – Lunch at the Camp Verde General Store and Restaurant.

We will leave the church at 9:15 and return around 2:00.

The cost will be \$15.00 per person (including the museum AND the lunch).

The deadline to sign-up is Friday, January 19<sup>th</sup>.

**\*\*\*NEXT LUNCHEON: TUESDAY, FEBRUARY 6, 2018 at 11:00 am in the**

Fellowship Hall – For Reservations, Please Call 830-997-9511

Before Noon on Monday Prior to the Luncheon

## **TIME CHALLENGED**

All of us would love to get more accomplished in our daily lives, but it seems that our lives just fly by causing us not to finish what we try to do. Here are some tips on how to make our lives more time efficient:

- a. Use time to its best advantage. Times does not discriminate against any of us. There are always 24 hours in each day. Everyone has the same number of hours in which to get all of life done.
- b. Schedule visitors and distractions – ask friends to call prior to coming over. Schedule visits around when you need to get your projects completed.

- c. Organize your project areas – seek to have more control over your project areas. Freedom from chaos is a liberating feeling. Put everything into manila files so you know exactly where everything is. File EVERYTHING in alphabetical order (from A to Z). Avoid piles AT ALL COSTS and avoid spreading things out. THROW unneeded documents AWAY. Keep your project area (wherever it may be) clean, neat, and organized. Be careful about having personal knick-knacks where you are working on projects. They literally get in your way. Always put tools and equipment back where they belong. In this way, you will find them each time you need them.
- d. Manage the phone rather than letting it manage you. Phones can be intrusive. When you are extremely busy working on a project that should not be interrupted, have calls go directly into your voicemail. Call back later at a set time.
- e. Handling the same document more than once is a major time waster. Either immediately file away correspondence OR throw it out (recycle). Don't put the document down. They tend to stick to the desk, table, chair, or anything else they are put on.
- f. Always allow time for the unexpected. Never underestimate the time required to get a project done. Better to give yourself more time than not enough. Goal: Be on time with the work. PLAN YOUR WORK FOR THE FOLLOWING DAY ON THE PREVIOUS DAY. Keep a diary and/or a to-do list so you can focus yourself for the day, the week, and your project as a whole.
- g. Prioritizing is the key to time management. Oftentimes we spend our time on the urgent things, not the important things. Churches are especially known for this habit. Most folks go through their day just going from one task to another without any direction in mind. Concentrate on achieving results and not just being busy. Establish SPECIFIC AND REALISTIC GOALS to stay focused on what needs to be done. Goals will tell you what to concentrate on versus what is merely a distraction from achieving success. Don't wait to be motivated, just get started. DON'T PROCRASTINATE REGARDING DIFFICULT JOBS. Break the difficult job into smaller jobs (chunks). If you draw a blank on what to do, SEEK A SECOND OPINION.
- h. Take care of yourself – maintain a healthy diet, exercise, get plenty of rest, and take breaks when possible. If we don't take care of ourselves, there is a tendency to make more mistakes and therefore lose precious time trying to

get our projects completed. Schedule regular breaks – They say we tend to work in 90-MINUTE INTERVALS. At the end of 90 minutes, we need to take a break from what we are doing. It might be a rest break or it might be a change of task that is being done. DON'T SKIP MEALS – Eat – Food is our fuel and we need it to be healthy. EXERCISE – Be sure to do heart and lung exercise to maintain your health. SLEEP – Get sufficient sleep so you do not make fatigue mistakes. WATCH YOUR BIORHYTHMS – If at all possible, work to your energy levels, that is, put in the most work at the time of day when you have the most energy (our most productive hours). Some folks are morning persons, others are afternoon, and others are evening. If at all possible, try to do your most intense projects during your personal high energy biorhythm times of day.

- i. Don't Forget the Details. In most things in life, the DETAILS MATTER. Always check the details to make sure you are doing what needs to be done. Don't guess that something is the correct way of doing it. Find out. Ask questions, sweat the details.

Note: Time Challenged is an OurBizness film distributed by Media Partners. Information is available at [http://www.mediapartners.com/management/time\\_challenged.htm](http://www.mediapartners.com/management/time_challenged.htm). Permission has been granted by Media Partners to Bob Lapidus to use the information from the course Time Challenged.

*"If you walk in My ways, keeping My statutes and commandments, as your father David walked, then I will prolong your days." 1 Kings 3:14*

### **Senior Ministries Leadership Team Contact Information**

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Senior Ministries Photographer: John Brown



*Just a small kindness can turn a day around.*

**From Sun-Maid Natural California Raisins 1 oz. Box Flap WORDS OF WISDOM**

## Highlights from Our December 4 Senior Ministries Luncheon Presentation by Harry Ingram

Harry did not grow up in a Christian family. In fact, by the age of 25 he had only been in a church twice. Then his wife, Darlene, put the Holy Spirit onto him. They started attending a megachurch in Houston. One miserable night, someone knocked on the front door of their home. People from the church had come to visit. Harry was converted in one hour.

Harry and Darlene have been members of First Baptist Church Fredericksburg for ten years. About eighteen months ago, he received a phone call telling him that his brother had died. He had shared the gospel with his father, mother, sister, and other siblings, but regretfully not with this brother who died.

Because of his regret for not telling his brother about Jesus Christ, Harry decided then and there that he didn't want anyone else to die without hearing the Gospel, and thus began his jail ministry.

Harry represents First Baptist Church at the Gillespie County Jail along with representatives from other local churches including Catholic, Methodist, Baptist, and Jehovah Witnesses. After passing a required background check prior to starting his ministry, Harry now visits the jail the first Tuesday of each month. His mission is to present the Gospel. Our church recently donated 100 Bibles and this year due to the jail ministry there have been 350 conversions. Over 15,000 Gospel Tool Kits have been delivered or handed out.

Harry's philosophy is to put his problems, issues and trials at the Lord's feet and then never pick them up again. Turning to the Lord keeps peace within him. He also acknowledges that the only way to love anyone is by not judging them.

Over time, Harry has learned to simplify the presentation of the Gospel and open up conversations with people he meets: He seeks to break the ice by asking if anyone had ever shared the Gospel with the person. If no, he asks if he may do so. If he receives a positive response, he gives the person John 3:16, *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life*, the greatest 25 words in history. Harry bases his ministry on The Great Commission when Jesus said:

***Therefore go and make disciples . . .***

**Thank you Harry!**

## RESOURCES AND ACTIVITIES

**FBC Angel Kisses Ministry**: Mats are made and distributed to nursing homes, shut-ins, and the needy to show the love of Jesus for them and remind them that they are not forgotten. The group meets in the Bray Building, Room 105 every Wednesday from 2:00 to 4:00 pm. Crocheting/knitting skills are not required.

**FBC BALL Group** (Be Active, Live Longer): The Group meets in the FBC Fellowship Hall on the **second TUESDAY** and **last THURSDAY** of each month at 10:15 am with great fellowship, games and food. Call David & Linda Cooper at 830-990-2786 for more information.

**FBC Hope Card Ministry**: Greeting card crafters meet in the FBC Fellowship Hall from 9:00 to 11:00 am on the day of the monthly **Senior Ministries** luncheon.

**FBC Reach Ministry**: This ministry walks the neighborhoods of Fredericksburg on Sunday evenings at 5:30 pm with the purpose of praying for the community and reaching out with the Gospel of Jesus.

**Golden Hub Community Center** (located at 1009 N. Lincoln, 830-997-7131): The Golden Hub has the mission of providing opportunities to enhance the quality of life for senior citizens in Gillespie County. Services include a daily nutritious lunch at noon Monday through Friday for a cost of just \$5/person for those 60 or above; \$6 for people under 60. Make reservations no later than 9:00 am on the day you wish to eat there. The Hub also has a variety of social activities and health and wellness programs scheduled every day.

The Hub sponsors, coordinates, and facilitates *The Meals on Wheels Program* as well.



### **Senior Ministries Handouts**

**Discounts**: At our last luncheon, Wanda Ball brought a listing of vendors offering senior discounts. Copies of this listing will be available on a **Senior Ministries Stand** in the hallway outside the Fellowship Hall. If the stand is empty, please ask Debbie Davidson in the office for a copy.

**Resources and Activities**: This listing will also be available on the **Senior Ministries Stand**, and will no longer be included (after this issue) in *The Encourager* to make room for other material.

**\*\*\*\*\***If you do not wish to receive this newsletter, please contact the church office at 830-997-9511 or [gary@fbcbg.com](mailto:gary@fbcbg.com) and your name will be removed from the mailing list. Also, if you are receiving the newsletter by regular mail and would like it by email, or have had an email change, please notify the church office. Thanks.

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