



Gennady and Mina Podgaisky, CBF Field Personnel in Kyiv, Ukraine to Share in Worship this Sunday



On Sunday, August 28 in the 8:30 and 11:00 worship services, we will have the opportunity to hear from Gennady and Mina Podgaisky, Cooperative Baptist Fellowship Field Personnel in Ukraine. Since the Russian invasion of Ukraine began on February 24, the Podgaiskys have been in North Carolina, where they were on furlough when the invasion began. The Podgaiskys have lived and served in Kyiv since 2002. During their 20

years of serving, they have led small group Bible studies, helped found the Village of Hope orphanage in Bucha (severely damaged in the war), hosted counseling opportunities for individuals and groups, preached in local churches and helped author a Life Skills for Youth manual that is extensively utilized and highly regarded.

During the war, Gennady and Mina have been especially busy. They have connected friends and others in Ukraine with vital evacuation information, helped move and resettle refugees, sent monies and resources to ministries and families in need in Ukraine, met with churches and leaders in nations adjacent to Ukraine to help them understand refugee needs and protocols, visited churches in the US to encourage giving to the CBF Ukraine offering and to tell about the needs in Ukraine, and worked through constant logistical issues to make sure persons on the ground in Kyiv and the rest of Ukraine have the items they need to survive.

During the Ukraine war, our church has given to the CBF Ukraine Relief Offering, and now, we are giving specifically to Camp Harghita and Project Ruth in Romania, which are places dear to the heart of our church that are hosting refugees. We will look forward to hearing prayerfully from Gennady and Mina as they share with us this Sunday. This will be their third visit with us. Mina has preached in our Hispanic service (yes, she speaks Spanish!) but this is the first time Gennady and Mina will share during the sermon time in our English-speaking services. Please pray for them as they prepare and continue to pray for the people of Ukraine.



Defining Christian Mindfulness

Last October I contracted Covid-19. I remember that first night of quarantine binge watching movies on my computer to numb my fear toward the unknown of having the virus. The following day I knew something had to change. It was then I made the conscious decision to use the next nine days as an opportunity for spiritual growth in the power of the Holy Spirit. What transpired was nine days of transformation through extensive Bible reading, prayer, and a newfound discipline called “mindful meditation.”

Mindful meditation, or “Mindfulness”, is a skill where a person practices moments of intentional silence, focusing their attention on their breath, for the purpose of cultivating awareness in the present moment. This practice appears to be widely used in both secular and religious circles to promote self-awareness and stress reduction. As a Christian, I must admit that I was hesitant to engage in such an unfamiliar practice, but during my quarantine, the Spirit prompted me to try it. Psalm 1:1-2 exclaims, “Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night.” We can read of Paul’s exhortation to the Colossians to “set your minds on things above” (3:2). Even Isaac, son of Abraham, was “walking and meditating in the fields” upon the arrival of his future wife, Rebekah (Gen. 24:63).

If you feel hesitant, as I did, it may set your mind at ease to know that Christian mindfulness is not the Eastern religious practice of “emptying one’s mind.” Paul insists on the opposite when he instructs us to “be transformed by the renewing of your mind” (Rom. 12:2). Christian mindfulness is the conscious practice of setting aside the time to be aware of the new heart residing within us, allowing for the transfer of God’s words from our minds to our hearts. In our fast-paced society, we are always mindful of something. This approach cultivates the opportunity to be mindful of the work of the Spirit in our heart as opposed to the work of the world on our mind.

Next week, I will offer the first strategy for implementing this practice into your own life.

In This Together; Through Christ Alone,

Myles W. Shipp

VBS Pool Party: Update

"The VBS pool party is rescheduled for Saturday, August 27th 10am-12pm at Wendwood Pool. All VBS families and volunteers are invited! It will be great to see everyone again!"

Sanctuary Choir

Serve the LORD with gladness; Come before His presence with singing.

Join our Sanctuary Choir and sing together on Wednesdays from 7:30-8:30 pm for rehearsal and Sundays at the 8:30 am Traditional Service. In addition to participating in weekly services, the Sanctuary Choir looks forward to seasonal, musical offerings. This fall the choir will be performing John Rutter’s *Requiem* with chamber orchestra at FBCNN and will be joined by other church choirs from our greater community. You do not want to miss this beloved work which offers hope and comfort to singers and audience alike.

All who love to sing are invited to join! Rehearsals begin on August 24th. If interested contact John (Director of Choral Ministry) at jirving@fbcnn.org for more information.



SEPTEMBER 7 FROM 5:30- 7:30

WEDNESDAY NIGHT KICKOFF

Join us for food, games, inflatables,
and more! Come spend time in
fellowship wearing your favorite
football gear.



Yates Elementary School Supplies

Thank you to everyone who donated school supplies for Yates Elementary! The overflowing cart full of supplies was delivered on Monday. A special thank you to Karon Garcia and the Yates Elementary Action Team for coordinating this effort and also providing a breakfast for the staff at Yates last Friday.

School Starts Monday

Students will be returning to Newport News Public Schools and other local school systems on Monday, August 29th. Teachers have already returned to school and are preparing for the new school year. Please keep teachers, students, and school employees in your prayers as they are beginning the 2022-2023 school year!



First Baptist Preschool Registering!

There are only a few slots left for the 2022-2023 school year! Open House will be September 6 and the first day of school is September 7. The preschool has classes for ages 2-4 years old. If you would like more information, please contact Lindsay Rew at 757-930-0911 (ext. 222) or preschool@fbcnn.org.



Ukraine Updates

Thank you for your continued support and prayers for the lives impacted by the war in Ukraine. Half of the money collected is going to Camp Harghita in Romania and the other half to Project Ruth. Both of these organizations have been taking in refugees and providing assistance to those affected by the war.

To continue supporting Ukraine, send your donation to First Baptist and designate "Ukraine Relief Fund" in the memo. We will be sending these funds out on a regular basis so they can be used quickly.

Upcoming Events

August 27 - VBS Pool Party (see article above for more information)

August 28 - Youth Going to Waffle House (see Kolby for more information)

September 4 - Promotion Sunday
Children and youth will be going to their new Sunday Bible Study classes.

September 7 - Wednesday Night Activities Resume (see article above for more information)

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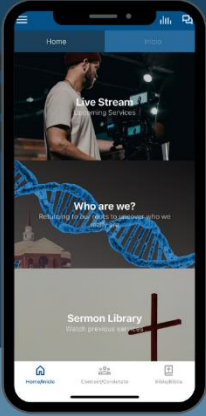
Thank you to everyone who is already supporting us by using Amazon Smile. If you have not signed up, search for Amazon Smile the next time you are on amazon.com and select First Baptist Church of Newport News, There is no extra cost to you and we will receive a donation every time you shop!

Weekly Worship Opportunities

Join us for worship in person or online Sunday, August 28 at 8:30 am and 11:00 am! Gennady and Mina Podgaisky will be leading us in worship.

If you have any technical difficulties watching the service on Facebook Live, please send us a direct message on Facebook so we can help troubleshoot the issue.

The following is a list of weekly events that can be accessed on the First Baptist Church of Newport News Facebook page. Learn more



Download Our App

Stay connected with your church family!

[Download Now](#)

Available on the Apple, Android, Amazon, and Roku App Stores

You can download our app on your phone, smart TV or Roku player. This will give you the opportunity to get push notifications (notifications that pop up on your phone) that will allow you to stay informed. In the event of bad weather, we will be able to notify everyone if we need to make changes to our Sunday morning services and Bible Study or Wednesday night activities. You can also watch past and present services, see upcoming events, and more. If you need assistance in downloading the app contact Ethan or a member of our Tech Team for help.

Make a financial contribution to FBCNN today by clicking on the Donate link.

[**DONATE**](#)

about children's events on Facebook and youth events on their Instagram page-@fbcnn youth. The 8:30 and 11 Sunday worship services are streamed directly to our [website](#), and can be accessed by clicking on Sermon Library in the Resources tab.

Sundays

- 8:30 a.m. Traditional Worship
- 9:45 a.m. Adult Bible Study
- 9:45 a.m. Children's Bible Study
- 9:45 a.m. Infant-Preschool Bible Study
- 9:45 a.m. Youth Bible Study
- 11:00 a.m. Contemporary Worship
- 11:00 a.m. Extended Session - infants through age 4
- 12:30 p.m. Hispanic Worship

Mondays

- 7:00 p.m. Young Single Adults

Wednesdays

- 7:30 p.m. Adult Choir Rehearsal

Thursdays

- 10:00 a.m. Swingin' Singers (Resuming in September)

Thanks to our new FBCNN app, we are able to stream our services directly to our website! Click on the link below to watch the service from 8:30 & 11 this past Sunday. (Services are listed in chronological order with the most recent at the top.)

[August 21](#)

WAYS TO GIVE FINANCIALLY



IN PERSON



MOBILE APP



ONLINE



MAIL OR AUTOMATED
BANK DRAFT

- **Stock contributions:** If you wish to give stocks to First Baptist Church, please give the church's name to your broker to process the transaction. If you need more information, please contact Monica Garcia at monica@fbcnn.org or at the church office number.
- **Required Minimum Distributions (RMD):** If you are 70½ or older and have an IRA (Individual Retirement Account), you can make your Charitable Contribution to the Church via your Broker/Banker. The RMD must come directly to the Church from your Broker/Banker. Please contact your Broker/Banker for this option.

"Take delight in the Lord, and he will give you the desires of your heart." Psalm 37:4

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