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## Welcome Back, Pastor Juan!

This week, Pastor Juan Garcia of our Hispanic congregation returned from his sixteen week sabbatical. Through Pastor Juan, our church applied for and received a significant gift (over \$42,000) from the Clergy Renewal Program of the Lilly Endowment to fund the renewal portion of Juan's sabbatical. During his time on sabbatical, Pastor Juan hiked a portion of the Camino de Santiago in Spain, an ancient route of Christian pilgrimage [https://en.wikipedia.org/wiki/Camino\\_de\\_Santiago](https://en.wikipedia.org/wiki/Camino_de_Santiago), visited Israel with his wife Monica, went to Bolivia (Monica's home) with his family, spent time in personal retreat at the Williamsburg Christian Conference Center, and spent the entire 16 weeks under the guidance and care of a spiritual director. Sabbatical is a deep investment in connecting with God and probing deeper into oneself with the Holy Spirit. Pastor Juan has learned so much, and we will be blessed as he shares it with us over the coming months.

I had the opportunity to preach to our Hispanic congregation this past Sunday to prepare them for Pastor Juan and Monica's return. Allow me to share with you a synopsis of what I shared with them regarding the best way to welcome Pastor Juan and his family back.

### **Remember why Pastor Juan went on sabbatical.**

Pastor Juan went on sabbatical to hear from God. He went to have his soul restored by God's teaching and presence. He went to engage in deeper prayer and spiritual reading. He went to find renewed connection with God and his family. He went to discern the work of the Holy Spirit in his life and for the church. By going on sabbatical, Pastor Juan was obedient to God's call to spiritual rest and replenishment. Sabbatical is not a vacation; it is a disconnect from the regular rhythm of ministry work and routine so one can be in deeper communion and rest with God. This deeper communion reveals, heals, strengthens, challenges, and changes by the power of the Spirit.

### **Give thanks to God and celebrate.**

When Paul and Barnabas returned from their first missionary journey, the church gathered together and celebrated all the wonders God had done in and through Paul and Barnabas. Acts 14:26-28 doesn't give us many details about the return to Antioch, but our military community knows about returns after an extended period of time. I'm sure there was food, laughter, praising God and prayers of gratitude. Likewise, we will celebrate and give thanks to God in a combined worship service on October 2, and we will have other opportunities for Juan and Monica to share their stories as well. For now, give thanks to God for Juan's safe return and all God taught him while he was away. Give thanks for all the new leaders that emerged in our Hispanic congregation to handle the responsibilities Juan and Monica handled. Give thanks to God for the rest, connection, and prayer that has occurred.

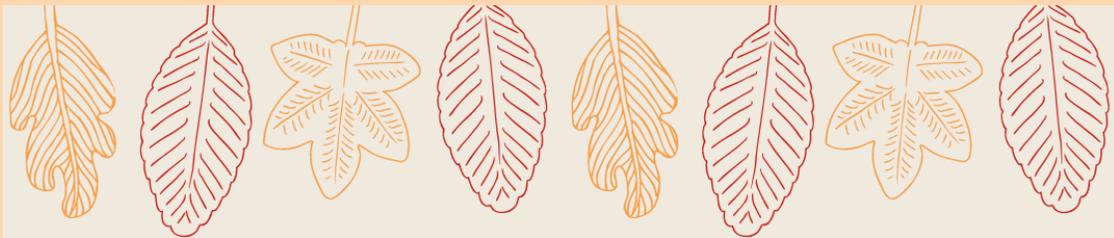
### **Be patient.**

So many people want to see Juan and Monica since his return. So many want to ask the question, "How was sabbatical?" This is not a question that can be answered in a quick conversation. We will find multiple venues for Juan to share his learnings with us. For now, be patient as Juan reacclimates to family life, school routines, soccer practices, and the regular routine of the church schedule. Be patient as Juan works through the emails and phone calls he must return. Be patient with him as he settles back into the rhythm of FBCNN.

## Share encouragement.

Send Juan a note welcoming him back after sabbatical, give him and Monica a warm hug, Be people of welcome at Juan's return. You are a remarkable people, a people of deep compassion and hospitality. I know you will shower Juan, Monica, Natalia, and Daniel with the love of Christ as they settle back into normalcy. Thank you for praying for them. Thank you for loving them. Thanks be to God for Juan's return from a sabbatical season of renewal with God.

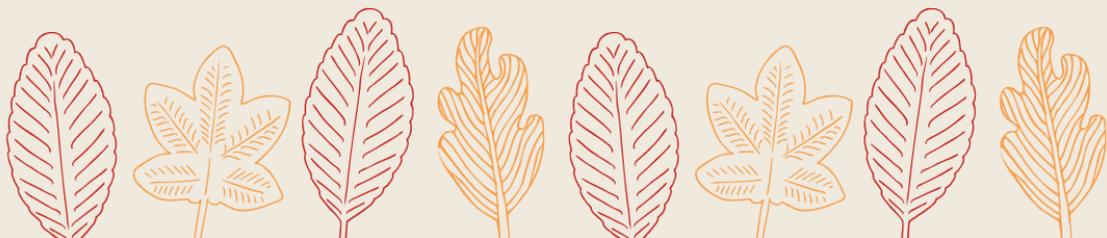
*Pastor Randy*



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.



Join us **tonight** as we kickoff our return to Wednesday nights! We will have hot dogs for dinner, ice cream sandwiches for dessert, and then play games on the softball field, jump in bounce houses, have a devotion, bubbles, and more!

Next Wednesday, September 14, we will start our regular Wednesday night activities at our usual time 6:30-8pm. (Sanctuary Choir will be 7:30-8:30pm.) Midweek Café will be held in Payne Fellowship Hall at 5:30pm, where people bring their dinner and fellowship together.

Come join us and see what is happening at First Baptist!

# Breath Prayers

Our lives are busy. The chaos of our over-planned, achievement-driven days can exhaust us. We can burn out, feeling emotions of anxiety, anger, guilt, shame, etc. Living in these negative emotions can cause health issues, mental fog, and a lack of spiritual connection.

God is the provider of our source of life, our physical breath. Genesis 2:7 reads, “The Lord God formed a man from the dust of the ground and *breathed* into his nostrils the *breath of life*” (emph. added). Paul, preaching to the people of Athens, exclaims, “[God] himself gives everyone life and breath and everything else” (Acts 17:25). This week we will examine the spiritual discipline known as “Breath Prayers.” This practice allows us to take intentional moments throughout the day to recalibrate our hearts to the Spirit using the power of our breath.

We usually live unaware that we are breathing; it’s involuntary. Breath prayers break that unawareness and allow us to meditate on truth using the breath of life within us. Unlike other meditative practices that require quiet space or more focused attention, breath prayers can be done anywhere for whatever length of time you have. Focus your attention on a specific phrase or verse of scripture that brings you comfort and peace, then breathe in the first half, and breathe out the second half. Here are some examples:

<b><u>Emotion:</u></b>	<b><u>Prayer: (Breathe in/Breathe out)</u></b>
Sadness	“It is well/With my soul”
Fear	“Peace/Worry”
Joy	“God is Good/His love endures forever!” (Ezra 3:11)
Anger	“The love of God/ (The source of anger)”

Take the prayer regarding “Fear” above: When you notice this emotion within you, begin taking slow, deep breaths. On the inhale, say “Peace.” On the exhale, say “Worry.” Breathing in, imagine God’s Spirit filling you to the brim with His peace. Breathing out, imagine the worry exiting your body. This can be as brief as 1-3 minutes of repetition, and no one has to know you are doing it.

I encourage you to practice breath prayers on a routine basis to aid in the promotion of stress reduction and mental clarity and, more importantly, to experience the power of the Holy Spirit within you.

In This Together; Through Christ Alone,

Myles Shipp



## Free Guest Wifi

Our Guest Wifi network will now be password free! While maintaining our internet security, this change will enable our guests to more easily access internet on our property. If you have previously connected to this network and experience an internet issue, you may need to forget and rejoin the network the first time you connect. Feel free to reach out to Ethan if you have any issues. Network Name: FBCGuest

## Swingin' Singers

*Make a joyful noise unto the Lord, all ye lands.*

Back to school means back to singing. All senior adults (55 and up) are welcome to join the Swingin' Singers to make a joyful noise on **Thursdays** from **10-11 am** beginning **September 8th**. The Swingin' Singers connect every Thursday through song, fellowship, and prayer. Want to hear more? Ask Swingin' Singers Co-Directors - John Irving or Janet Rippy.



### First Baptist Preschool Starting a New School Year!

First Baptist Preschool started today with the largest number of students and teachers that we have ever had! There are still a few spots available. Contact Lindsay Rew at [preschool@fbcnn.org](mailto:preschool@fbcnn.org) or 757-930-0911 ext. 222 for more information.

Keep the preschool director, teachers, assistants, and students in your prayers as they explore the wonders of God's world together.

### Volunteers Needed for Grands with Grands at Yates Elementary

Our Yates Action Team will be serving coffee and Grands Cinnamon Rolls to grandparents bringing their grandchildren to school on Tuesday, September 13 at 8:30am. Due to the large number of RSVPs, 4 or 5 extra volunteers are needed. If you are able to help please contact Karon Garcia at [keckwerth@cox.net](mailto:keckwerth@cox.net) or 757-593-1904.

### Upcoming Events

**September 7** - Wednesday Night Kickoff (see article above for more information)

**September 8** - Peninsula Mobile Food Bank will set up in our side parking lot at 1pm. If you know of anyone who is in need of food assistance let them know about this opportunity.

**September 25** - Church Quarterly Conference at 5pm in Payne Fellowship Hall

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## 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! If interested contact John (Director of Choral Ministry) at [jirving@fbcnn.org](mailto:jirving@fbcnn.org) for more information.



## 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.

## Ladies Fall Bible Study

There will be a 7 week Bible Study of Hosea beginning Wednesday, October 5th through Wednesday, November 16th from 9:30-11:30am in Room 144.

To sign up and order your book, please contact Georgia Mann at 757-595-3990 or email [mann.georgia@aol.com](mailto:manna.georgia@aol.com) by Monday, September 19, 2022.

## Amazon Smile



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

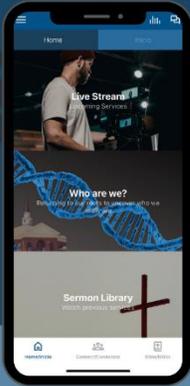
Join us for worship in person or online Sunday, September 11 at 8:30 am and 11:00 am! Randy Shepley will be leading us in worship.

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 about children's events on Facebook and youth events on their Instagram page-@fbcnnyouth. 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



## 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.

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 September 8)

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.)

[September 4](#)

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



## 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](mailto: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*

## Staff Contact Info

Randy Shepley, Senior Pastor, [rshepley@fbcnn.org](mailto:rshepley@fbcnn.org)

Ethan Brown, Associate Pastor Young Adults and Digital Ministry, [ebrown@fbcnn.org](mailto:ebrown@fbcnn.org)

Juan Garcia, Associate Pastor Hispanics, [jgarcia@fbcnn.org](mailto:jgarcia@fbcnn.org)

Walter Satchell, Associate Pastor Pastoral Care, [wsatchell@fbcnn.org](mailto:wsatchell@fbcnn.org)

Lesley Spitzer, Associate Pastor Worship and Creative Arts, [lspitzer@fbcnn.org](mailto:lspitzer@fbcnn.org)

Monica Garcia, Financial Coordinator, [monica@fbcnn.org](mailto:monica@fbcnn.org)

Sharon Hertzler, Director of Children and Preschool Ministry, [shertzler@fbcnn.org](mailto:shertzler@fbcnn.org)

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John Irving, Director of Choral Ministry, [jirving@fbcnn.org](mailto:jirving@fbcnn.org)

Kolby Keller, Director of Youth Ministry, [kkeller@fbcnn.org](mailto:kkeller@fbcnn.org)

Nikki Reid, Executive Assistant, [nikki@fbcnn.org](mailto:nikki@fbcnn.org)

Lindsay Rew, Preschool Director, [preschool@fbcnn.org](mailto:preschool@fbcnn.org)

Myles Shipp, Pastoral Intern, [mshipp@fbcnn.org](mailto:mshipp@fbcnn.org)

**Church Office: 757-930-0911**

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