



October flew by in a whirlwind of activities and special meetings! Independent Baptist Church was blessed with many visitors and with a number of people joining the church. My granddaughter accepted Christ and followed in believer's baptism this month along with several others. God has truly been good to us!

Recently, we went through a series about finding the strength that comes from the joy of the Lord. Our text verse was Nehemiah 8:10. "Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength." So, how do we find joy? First, we find joy by repenting of our

### what's inside?

	P2	Teen Truths
	Just A Thought	Christmas Musical
	P3	P4
	Young At Heart	Upcoming Events

sin and repairing our relationship with God. The children of Israel were broken hearted over their sin and repented. Second, we find joy when we realize God's presence and grace is in our lives. Let's give thanks for what God has done and has continued to do in our lives.

November is a good month to practice our thankfulness. I want to thank the staff and members for their faithfulness through this past year. There have been many difficulties and illnesses, but God has proven Himself faithful. We have also had a wonderful beginning to our school year, and I appreciate all the teachers and their willing hearts. Our budget for the year is right on track because of the church's faithfulness. Many folks have asked if there was anything they could do to help around the

church. What a blessing to see people with a servant's heart!

I am looking forward to the Thanksgiving meal on Tuesday, November 22. Our church family will get together to enjoy a wonderful time of food, fellowship, and preaching. Make sure you plan on being a part of this special time. Our choir has already been practicing for the Christmas musical coming up next month, so make sure you are inviting folks to come visit. The children are also working on their Christmas play which is always a blessing every year. Thank you for serving the Lord this year.



## JUST A THOUGHT

By: Valerie Creed

What a joy to wake up feeling refreshed. Remember, the Bible says that joy cometh in the morning? As the sunshine warms your countenance, the morning peaks and serotonin is released in your body contributing to your feelings of well-being and a healthy appetite. The more serotonin one has, the more dominance and physical growth one has. Males have more natural serotonin than females. Is it any wonder the Bible states the woman is the weaker vessel? Low serotonin produces pale skin, breathing difficulties, tiredness, and heart problems. Can you not see then how important it is to bask in God's light every morning to keep a healthy, spiritual walk with the Lord? It will give you boldness and spiritual growth on your journey here below. God has provided a way to increase serotonin naturally through seeds, nuts (walnuts are highest), fruits, and vegetables (mushrooms are highest). Ninety percent of serotonin is found in the gut. How important it is then

to eat the proper diet. Some try to find the remedy in drugs, but these do not improve the situation but just the individual's perception of the situation. A Christian must remedy a despondent heart spiritually with God's prescription of a healthy diet in His Word; and not with a diet of worldly counsel and ungodly wisdom.

All the benefits of serotonin can be decreased without the optimum working of melatonin in one's body during the night hours. All individuals need the darkness of night for melatonin to work at its peak. Our bodies need deep sleep for the pineal gland to release this potent anti-oxidant, immune-enhancing compound. It not only strengthens one's health, but also brightens one's learning and memory capabilities. The darker one's environment is, the better the production is. Even exposure to a low-level incandescent bulb for only 39 minutes can reduce releasing of melatonin by

fifty percent. It is inhibited by light and permitted by darkness; peaking in the middle of the obscurity of night. Darkness may come, but you need to relax and sleep soundly to find joy in the morning. As a Christian, you know by now that darkness sometimes comes in your life. Without finding true rest in the Lord during these despondent times, you will languish in your spiritual growth and well-being. God promises songs in the night to those who rest in Him. We must not let the dark times destroy our joy in the Lord. For melatonin to work at its best, total darkness must surround the individual. Sometimes, God must bring us into the midnight hour to strengthen our spiritual immune system. So remember when the darkness of midnight enfolds you, the Son is still shining. Micah 7:8b says, "...when I sit in darkness, the LORD shall be a light unto me." Find your rest in Him, and know for certain that joy will come in the morning!

*Rest in the LORD... Psalm 37:7a*

NOVEMBER 2011

# YOUNG AT HEART

by: Rick Dove

I read a book the other day called Fourth Quarter by Dr Don Sisk. It was a great challenge for the senior adult to finish well. In our lives we may start great or have a great mid-life, but how are we going to finish this life? We are still being watched and followed. Someone is wondering if we will hold to the biblical teachings we stood for in our early years. We all need to make plans for the fourth quarter of our life. In Dr. Sisk's book, he was addressing those sixty and older. Some may continue in the work place longer, and some may retire to do something a little differently. There are some things that need to be in our plan; God, the Bible, our church, and our family. Let me challenge you to stop by the church bookstore and pick up a copy of Dr. Sisk's book. It is only 102 pages long, and I think you will be challenged to finish well.

We will have a meal on Sunday, November 13, after the morning service in the Sara Greathouse Hall. Please bring

your favorite dish. The Young at Heart is scheduled to be at the Sight and Sound's Miracle of Christmas on Friday, December 2, 2011, at one in the afternoon. The bus will be leaving our church in the morning at eight o'clock and returning that evening at eight o'clock. We will stop at Shady Maple Restaurant for supper. The cost will be \$80.00 per person with a limit of 42 people.

We will also be going to the Army Christmas Musical at the Constitution Hall in Washington, D.C. on Friday, December 9, 2011. There will be a \$3.00 charge for this trip. The bus will be leaving the church that evening by 6:45.

# CHRISTMAS MUSICAL

December 10 & 11 @ 6PM

This year, our musical will begin in a small, town square with a local church choir preparing their annual Christmas presentation. We will see this event through the eyes of a local street vendor as he tells a heart-felt story explaining what makes this annual program so special.

The story begins with an extraordinary, selfless gift for a young boy needing surgery. A caring doctor meets this need before she attends to her own immediate need for surgery and treatment. When a hardened newspaper man publicizes the boy's plight, he is amazed to see God move in the hearts of the community as they show love to a total stranger.

Giving is what Christmas is all about; God sending His one and only Son to bring us the gift we do not deserve, the free gift of salvation. Join us as we experience this free gift through the lives of these endearing characters.

## TEEN TRUTHS

by: James Stroud

Every month, I would wait in anticipation as my dad would see if that long awaited letter from Ed McMahon had arrived. He promised that Publisher Clearing House would show up at our door if we sent in our form and were the lucky winner's pulled from the stack.

Of course, we thought we were going to win and everything would change as we would be presented with a check for one million dollars. The anticipation was always fun but the reality was that we would never see that check.

The world is like that; promising one thing but not showing you the end result. When Adam and Eve were in the garden they had everything they could ever want. It was a perfect world! One day that world came crashing down. Satan presented Eve with a choice and she in turn offered it to her husband. They did not realize the devil's offers came with worms. They would gain the fruit and what it had to offer but lose their perfect world. This world offers you an apple but doesn't tell you what you will lose.

Think about that for a moment. What is the world offering you now, but not showing you what it is you'll lose? Is it a better job, but not showing you the church family and blessings you lose? Is it a boyfriend you'll gain, but loss of purity? Is it a good grade on a test, but the loss of integrity? Is it really worth that momentary gain for the eternal loss? The New Testament says, *will a man gain the whole world and lose his soul?* Teen, college and career, adult will you settle for the devil's worm or the Lord's Eden?

We have Thanksgiving and Christmas around the corner. Wonderful times of the year for family and for thinking of others; let's plan on making wise use of these moments.

Omni night is December 27 while Snow Camp is the last week in January. Plan now to be involved with each one.

# UPCOMING EVENTS

**Veteran's Sunday**  
November 6

**Young at Heart Meal**  
November 13

**Couple's Retreat**  
November 18-19

**Missions Sunday**  
November 20

**Deaf Thanksgiving Meal**  
November 20

**Hispanic Thanksgiving Meal**  
November 20

**Church-Wide Thanksgiving Meal**  
November 22



**INDEPENDENT**  
**BAPTIST CHURCH**  
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