

## A MESSAGE FROM PASTOR BOB

Sunday, August 8, 2010

*Good morning and welcome to Abundant Life! I am glad that you are here; I consider it an honor to worship the Lord together today. If this is your first time to worship with us, please take a minute to complete one of our Welcome Cards located in the guest packet. If you did not receive a guest packet you can get one at the "Information Center" in the lobby. Once you complete the card either drop it in the basket during the offering or leave it at the Information Center. Again, I am glad that you are here today! Pastor Bob*

Greetings this week from Christiansburg, VA! What a place for a retreat and conference center. As I write this article today (Wednesday) I am about at the mid-point of the three week sabbatical and it has been great! This week as I have enjoyed the comfort and beauty of the 88 acre campus that houses a retreat center (*The Center for Spiritual Renewal*), *Crosspointe Conference Center* and several other ministries, I have enjoyed the solitude and peacefulness that have provided a great opportunity to study, pray, read and spend time planning and preparing for what lies ahead for Abundant Life. Thanks for the time away – I am working to use it wisely.

During my time away I have been reminded of a couple of key "life lessons":

- **Rest is tremendously under-rated in our culture.** We live in a world that equates busy-ness with success. The more we fill our calendar, then the more successful we are perceived to be (at least in our own eyes.) We all have to work and have things that need to be done in taking care of family and life, but there is a reason that God gave us the command to take a day off to rest each week. It was not given as a suggestion, but it is included as one of the *Ten Commandments*. I don't think that God meant for it to become a day in which we sit in our pajamas and zone out all day, but I do think that God intends us to rest, because when we are rested people, we are more capable and ready to live life God's way and to live it well.
- **Don't take life for granted!** – that may sound a bit trite, but this week I have been reminded that we have no promise of tomorrow so we need to do the things that God has called us to do today. Often we think we will have the opportunity to do tomorrow what should have been today – like praying, reading our Bible, telling a loved one about God' great love, telling someone how much we love them or seeking forgiveness from someone we have hurt or offended. Don't put it off until tomorrow, because the opportunity may not be there tomorrow.

There are more lessons that I am being reminded of and learning, but we will save those for another time! Know that Shari and I love you and appreciate you as well as miss you. We are praying for you while we are away and ask that you would do the same for us. See you in a couple of weeks!!!

Blessings!

Pastor Bob

## FROM GENERATION TO GENERATION

### *Kids Church Building Update*

Last week our Building Task Force met and made a recommendation that we resume the work to repair the damage in the Kids Church Building. The Task Force evaluated all options and felt that this was the best one available to us. Work will be resuming soon, so please be sure to see Larry or Tim Fox to volunteer and find out the work schedule. There is much to be done and ways that everyone can help. Please be sure to mark any monetary gifts for the project "**Building Fund**".

### *Wednesday – Worship & the Word*

*Join us Wednesday evening at 6:30 for a time of worship and ministry.  
Matt Staring will be teaching this week.*

### **Speaker – Scott Washam**

Next Sunday, August 15th

## **Disciple**

Becoming Disciples through a bible study and discover the Power of Transformation over the study of God's Word! Costs: Study Guide \$35.00  
For more information contact David or Leah Randall 704.799.6346  
email: L3ahmr1@windstream.net

### **PRAYER REQUESTS / NEEDS**

- **Kirk Sherril**, son of Joe Sherrill (church neighbor who passed this week)
- **Danielle Harris** –healing of cancer
- **Glenda Erwin** – Pastor Bob's aunt, pancreatic cancer
- **Serenity House** – please pray for this ministry in our community, that God would provide for their every need

### **Ladies Aloft Fall Event**

A.L.O.F.T. (**Abundant Life, Our Fellowship Together**)  
Fall Kickoff/Parade of tables Saturday Sept. 11Th  
Tickets are \$10 and sale starts Sunday Aug 8Th  
See Jessica Dingler for details or purchase your tickets!



### *Upcoming Events*

August 8 – Wayne Stowe speaking Sunday at 10:30AM  
August 15 – Scott Washam speaking Sunday 10:30AM  
August 18 – Wednesday Night Live Cookout – *Back to School Bash 6:30 PM*  
August 29 – Congregational Meeting – *Regarding Building Issues*