



The Link

Vol. 54, No. 26

June 26, 2013

MEDITATION

Last Sunday, we dedicated our Labyrinth, and during worship we focused on the importance of movement and stillness which both lead to insight in the life of faith. We sang two favorite hymns, "Be Still My Soul" and "Come and Find the Quiet Center," which remind us that just as movement on the Labyrinth is a tool to help us connect to this quiet center, so is meditation or centered prayer. Experience has proved that meditation can reduce stress, improve health, enhance performance, and measurably make us happier. Many people turn to meditation as a way of improving the quality of their lives. While some of us are looking for specific health benefits, others feel drawn to meditation simply because they long for stillness and joy amid the pressures and challenges of daily living.

The psalmist says: "Be still and know that I am God." One way to experience this oneness is through the practice of meditation or centered prayer. In the "Sermon on the Mount," (Matthew 6), Jesus teaches that sincere prayer comes from the heart. His words describe the practice of meditation and reveal Jesus' simple, radical call to leave self behind. When we pray sincerely, we are open to being changed by the very act of prayer itself. Thus the essence of meditation is learning to stand back from ourselves and allow God to come to the forefront of our life. "Our hearts are restless until they rest in Thee," said St. Augustine.

I invite you to join me as we learn together to meditate. I will lead a class in meditation on Thursdays at noon beginning July 11. We will meet in the Parlor of the Education Building. If you would like to join me in this journey of faith, please email me at: amyshortt@embarqmail.com, call the church office, or sign up on our website.

St. John of the Cross said, "God is the center of my soul." When we meditate, our deepest capacity to be with and in God is realized. We expand from our own narrow world into the mind of Christ. Our attention is his attention. His attention is utterly personal, and yet universal. In this presence we begin to realize our true identity. We know we are loved and discover unity with ourselves, others, creation, and the mystery of God as the source of all. We allow God's presence within us to become the reality that gives meaning, shape, and purpose to everything we do. We accept the gift of our own creation as fully as we can and we respond to it as generously as we can.

This class is designed for anyone who wants to learn the practice of meditation but doesn't quite know where to begin. Join me on this journey!

Amy Shortt

OUR PRAYER CONCERNS

Please remember the following persons who need our prayers and support:

Nash General Hospital, 2460 Curtis Ellis Drive (04)

Audrey Scarboro, Room 507

At Home:

Lisa Benson, (Doris Booth's niece) 907 Mill Branch Road (03)

Faye Conner, 104 Birdie Court (04)

Natalie Stewart Cortez, 6410 Lakewood Boulevard, Dallas, Texas 75214

Mary Ruth Coss (J.N. Willcox's sister), Hendersonville, NC

Hank Dunham, 1109 Meadow Drive, Townville, SC 29689

Charles Martin (Rob Martin's father), 106 Whispering Pine Drive (04)

Betty Watts, 616 Nichole Lane (03)

Chris Wiggs, 1441 Rock Creek Drive (04)

Drew Yanishak, 9022 Brigadier Road, Mechanicsville, VA 23116

Our Members-at-Home

Carlton Kimbro, Liberty Commons, 121 Racine Drive, Wilmington, NC 28403

Ella Coats, 1600 Hammond Street (03)

Grace Lewis, The Fountains at the Albemarle, 200 Trade St., Tarboro, NC 27886

Sue Toney, Autumn Care, 1210 Eastern Ave., Nashville, NC 27856, Room 303-B (Jerry Jolley's mother)

Alease Whitford, 1600 Goldrock Road (04)

Congratulations to Allison and Ben Elliott in the birth of their son, Greyson Carl, on June 20, in Greensboro. Teresa and Dan Herring are Greyson's grandparents.

Congratulations to Amy and David Green in the birth of their daughter, Lindley Addison, on June 23.

LAKESIDE BAPTIST PRESCHOOL SUMMER CAMPS

"Little Scientist"

July 15 - July 19, 9:00 a.m. - 1:00 p.m. Cost per child: \$125.00

Hands-on Science. Five days of preschool friendly science experiments. Let your little scientist discover their science knowledge through exploring, observing and formulating their own hypotheses through a multitude of science experiments. Registration and fees are due by July 8. Send a snack and lunch with your child.

Please sign up through our website, call Samantha Salz at 919-523-4717, or email: samanthasalz@yahoo.com. Send registration and make checks payable to: Bettina Howard, 800 Joshua Clay Drive, Rocky Mount, NC 27803.

VBS OFFERING

This year's Vacation Bible School offering, totaling \$700, was designated for the Conetoe Community Garden. These offerings, brought by the children each day, will help the youth of Conetoe Chapel Missionary Baptist Church as they farm 17 acres, promoting healthier eating in their community while they gain job skills in agriculture and business.

Be sure to check out pictures from this year's VBS on the Lakeside website at <http://www.lakesidechurchrmt.org/#/christian-education/vacation-bible-school>.

YOUTH NEWS

If you are going to New York and have not yet attended an orientation meeting, remember that we will meet this Sunday at 5:00 p.m. in the Conference Room. If anyone is available to help with Gatekeepers supplies and shopping on July 2, 3, and 5, please let me know. I look forward to seeing all of you for Sunday School and worship on Sunday. Elizabeth

DISASTER RELIEF

If you would like to assist with the ongoing disaster relief in Oklahoma and other parts of our country, you may make a donation through the church which will be forwarded to the Baptist Men. Baptist Men assist with meal preparation, washing clothes, clean-up, and rebuilding ministries.

LAKESIDE INVOLVED-TIME TO GET READY

Although Lakeside Involved, our annual day of ministry to the community, will not take place until November 2, it is time to begin planning. If you have ideas for projects or would like to help with the planning committee, please let us know. You may contact the church office or call Deborah Wright at 937-6553.

SUNDAY AT LAKESIDE

Deacon Greeters - Jerry Carter and Jill Ward
 Ushers - Group III, Bill Hoyle, Captain
 Crucifer - Mary Frances Raper; Acolyte - Spencer Edwards
 Extended Session - Ann Battle
 Audio Booth Volunteer - Gene Wilson

FINANCIAL SUMMARY FOR 25 WEEKS

2013 Missions and Ministry Budget: \$633,379

	Week	YTD
Budget Goal	\$12,180	\$304,509
Receipts June 23	\$12,223	\$239,155
Amount remaining to meet the Annual Budget		\$394,224

Remember-Lakeside never takes a vacation.

Our ministries continue throughout the summer months.

Enjoy your time away, be here when you can, and please remember that your offerings are essential for our ministry.

Worship at Lakeside

June 30, 2013

The Sixth Sunday after Pentecost

Gospel Lesson: Luke 9:51-62
 Epistle Lesson: Galatians 5:1, 13-25
 Sermon: "Lawlessness"
 Chancel Choir Anthems:
 "Beautiful Savior" - Alwes
 "Come to Zion" - arr. Siegfried

LAKESIDE BAPTIST CHURCH
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 Phone: 252-446-0126 Fax: 252-446-4997
 E-mail: lakesidem@embarqmail.com
 Website: lakesidechurchmt.org
 CareNet Counseling East of Rocky Mount
 355-2801 • toll free: 866-355-2801

CHURCH STAFF

Jody Wright Senior Minister	Elizabeth Edwards Associate Minister	Amy Shortt Minister of Music
Linda Davis Administrative Assistant	Stephanie Bynum Secretarial Assistant	Susan Skinner Senior Adult Director
Napoleon Taylor Custodian	Mark Gansor Organist	Samantha Salz Preschool Director

NON-PROFIT ORG.
 U.S. POSTAGE PAID
 ROCKY MOUNT, NC
 Permit No. 240

The Link
 1501 Sunset Avenue
 Rocky Mount, NC
 27804-5044
 Address Service requested

CHURCH CALENDAR

Sunday, June 30

9:45 a.m. Sunday School
 10:00 a.m. Adult Choir Rehearsal
 10:30 a.m. Coffee and Fellowship, Education Building Foyer
 11:00 a.m. Worship

Thursday, July 4

Office Closed for Holiday

CBF GENERAL ASSEMBLY

The Cooperative Baptist Fellowship will hold its annual General Assembly in Greensboro June 26-28. It is a wonderful opportunity to learn more about the work of CBF and to see firsthand the vast ministries we support. The theme is "With Great Boldness," and comes from II Corinthians 3:12, which encourages us with these words - "Since then we have such a hope, we act with great boldness." For more information, visit: <http://thefellowship.info/Assembly>. If you cannot attend, you can watch some of the meetings and worship services online. Go to the website above and click on "Livestream Assembly."

