



Pastor Tommy Larson
 Minister of Ed. & Admin Raleigh Baggett
 Minister of Family Life Phillip Reinke
 Minister of Music Tim Mulkey

Financial Secretary & Office Manager Mary Pennington
 Church Secretary & Receptionist Vacant
 Pianist Faye Baggett
 Keyboardist Pat Tripp
 Custodian Don Canterbury

JACKSON MEMORIAL BAPTIST CHURCH
 4316 Bruce Road, Chesapeake, VA 23321

Non-Profit Organization
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CHILDREN / YOUTH NEWS

Children - Centri-Kid, July 31 - Aug. 4
 Youth - MFUGE, July 17 - 22

SUMMER DAY CAMPS

Thursdays 9:00 - 12:00 noon
 Sign up in the church office. Ages: K-5
 completed - 5th grade \$5.00 per camp/child

Camp dates:

| | |
|----------|----------------------|
| July 6 | Field Day |
| 13 | Engineering for Kids |
| 20 | Kitchen Chaos |
| 27 | Engineering for Kids |
| August 3 | Teeny Tiny Farm |
| 17 | Savior Martial Arts |

VACATION BIBLE SCHOOL

'GALACTIC STARVEYORS'

Discovering the God of the Universe

Aug. 7 - 11 from 6:00 - 8:30pm.

Volunteers are Needed.

- Sign up on the Next Generation Bulletin Board in the Main Hallway.
- Water bottles are needed for crafts; small bottles preferred. Collection box is in the Check In room in the Preschool Hall.

Questions? Contact our Mission Commander, Rachel Emberton at 472-5337 or lablovers75@verizon.net.

WMU

Operation Inasmuch (OIAM) Mission Blitz Day
 October 7

Construction teams will be formed by July 31. Anyone possessing cabinetry, painting, plumbing, carpentry, etc. skills and wishing to be part of the teams, should obtain a form from the church office or music hallway. Requests for homeowners needing assistance with their homes/yards are due by August 15. Start saving your quarters to assist with laundry expenses on Mission Blitz Day.

**EXERCISE
 DAILY**
**RUN FROM SATAN,
 WALK WITH GOD!**

Jackson Memorial Baptist Church

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 Chesapeake, VA 23321
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WEBSITE

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Sunday Services

| | |
|------------|------------------------------|
| 9:00 a.m. | Life Groups (Bible Study) |
| 10:30 a.m. | Worship Kids Worship |

FAMILY, FRIENDS, & FAITH

Spiritual "Beach Body"

Have nothing to do with godless myths and old wives' tales; rather, *train* yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8

There are a few times during the calendar year when it seems there is a noticeable increase in participation at my local fitness center. The New Year's resolution crowd normally comes in like a lion and goes out like a lamb after a few weeks, but the gym sure is crowded until many give up on their resolutions. With summer around the corner, there is a noticeable surge in gym activity in May as well. I can only deduce that folks are preparing their physique for the beach. After all, most folks want to look their best in their bathing suit. There are many other healthy and medically induced reasons for exercise, but we would be disingenuous if we denied that my theory about the "beach body" has some merit.

Interestingly, the Word of God uses the word "train" to describe how we are to pursue our spiritual lives. This particular word is very interesting, and some versions translate the word as "discipline." "Train" is derived from the Greek word γυμνάζω, which is transliterated gymnazo. MacArthur comments on the word in the following manner, "It means 'to train,' or 'to exercise.' The word speaks of the rigorous, strenuous, self-sacrificing training an athlete undergoes." Timothy received Paul's letter while serving in Ephesus. As a Greek city, physical training and the glory of winning athletic events would have been very important to the Ephesians. Paul has that type of training and intensity in mind, I believe, as he makes this analogy.

Consider the level of commitment and sacrifice made by top athletes. Their very lives are completely wrapped up in and consumed by the pursuit of their sport. One great example is the training regimen of Olympic champion Michael Phelps. Phelps trains at least six hours per day, six days per week. He swims over 8 miles every day, over 50 miles every week! Phelps's training regimen is the epitome of the Greek word translated in 1 Timothy as "train."

The point to all of this is very simple: do we pursue knowing, serving, and pleasing God (godliness) with this type of intensity and intentionality? Very likely, the first thing to go when we are running behind, busy, or tired is our time with the Lord Jesus. After all, according to 2 Peter 1:3 we cannot have godliness apart from Jesus Christ. There are many things we would dare not fail to do any given day, but we think nothing of missing our time in God's Word or prayer. After a busy week full of various activities, we think nothing of missing the opportunity to gather with the Lord's people in worship. Simply put, we probably fall short of pursuing our relationship with the Lord Jesus with the intensity of a world-class athlete.

Imagine what the Lord could do through a church who pursued God with the same intensity and faithfulness as an athlete training for the Olympics. What habits do you need to establish to "train" yourself in godliness? Will you obey the Lord and make them a priority?

Let's grow more Christ-like together,

Pastor Tommy

FAMILY, FRIENDS, & FAITH



WEDNESDAY NIGHT BIBLE STUDY

Bible Study in the Fellowship Hall, led by Pastor Tommy

WEDNESDAY NIGHT DINNER

Dinners have ceased for the summer. Look for new menus in September.

JULY OPEN and LOCK-UP TEAM: Steve Rosso, Bill Yarbrough

NEW MEMBERS

Amelia Joy Schuring - June 11, 2017; Donnie & Maggie Sadler – June 18, 2017

NEW MEN'S LIFE GROUP Begins July 16th

Lasting 4 – 8 weeks for all ages in Rm 108 led by Pete Peterson (630-9392). Objective: to understand the importance of prayer in building our relationship with God, family and others

Literature will be *The Battle for Prayer* by Stephen and Alex Kendricks

TAKE ME OUT TO THE BALLGAME

Nationals v Mets, Friday, August 25th - \$50 per person

Call the church office for more information at 484-5568 or sign up on the Bulletin board in the main hallway.

The seats on the bus are beginning to fill up. Make sure you don't miss out!

The deadline for sign-up and payment is July 23rd.

PORTSMOUTH BAPTIST ASSOCIATION APPLEBEE'S FLAPJACK FUNDRAISER

Enjoy a short stack for a tall cause. Saturday, August 26th, 8:00 - 10:00 am at Applebee's, 4132 Portsmouth Blvd., Chesapeake. Cost is \$10.00 (\$6.00 goes to PBA OIAM) and includes pancakes, sausage, scrambled eggs and coffee, juice, soda or tea. See Linda Baines, Sue Wynn, Reta Byrum or Dr. John Carpenter for tickets.

GET READY LADIES! A Women's Retreat is planned for October 13th – 14th at the International Learning Center in Richmond. Watch for more detailed information. To reserve your spot, please contact Linda Massengill or the church office at 484-5568.

A FRIENDLY REMINDER

During the summer, there are many fun activities in which to participate. Sometimes vacations, etc. will take us away from church, but please remember the obligations and expenses of the church do not take a vacation.

NOTE TO COMMITTEE CHAIRMEN: When scheduling committee meetings, please notify the office and Mary Pennington, in addition to R. Baggett, which will ensure inclusion on the church calendar.



VIRGINIA BLOOD SERVICES BLOOD DRIVE

Information and a sign-up table will be in the Fellowship Hall on Wednesday, July 12 at 5:30 pm to schedule donation times.

The blood drive is scheduled for Wednesday, July 19 from 3:30 – 6:30 pm in the JMBC parking lot.

CALENDAR FOR JULY

REGULAR WEEKLY SCHEDULE

| | | |
|-------------|----------|--|
| SUN | 9:00 am | Life Groups (Bible Study) |
| | 10:30 am | Worship Kids Worship (K – 5 th Grade, Rm 222) |
| MON | 9:30 am | Nifty Knitters (Room 110) |
| TUES | 10:00 am | Staff Meeting (Conference Room) |
| WED | 6:30 pm | Adult Bible Study (Fellowship Hall) Discipleship Classes Mission Friends (Preschool Hall) Children in Action (Room 222) Youth Bible Study (Youth Wing) |
| | 7:30 pm | Choir Rehearsal (Choir Room) |



MEETINGS / SPECIAL EVENTS

| | |
|-----------------|---|
| 4 TUES | Church Office closed |
| 6 THURS | 6:00 am Feeding of Homeless OASIS 9:00 am Children's Day Camp (Fellowship Hall) 10:30 am WMU Carol Knight Group Mtg (Overflow Room) |
| 9 SUN | 1:00 pm Commissioning Lunch for Eastern Shore Mission Trip (Fellowship Hall) |
| 10 MON | 6:30 pm Budget Comm Mtg, Conf Rm B 6:30 pm Personnel Comm Mtg, Cnf Rm A |
| 11 TUES | 1:00 pm Constitution & By-Laws Comm Mtg (Conference Room) |
| 13 THURS | 9:00 am Children's Day Camp (Fellowship Hall) 11:00 am Joyful Sounds Choir Practice (Choir Room) |
| 17 MON | M-FUGE (7/17-7/22) |
| 18 TUES | 6:30 pm Church Council (Choir Room) |
| 19 WED | 5:30 pm Blood Drive (Parking Lot) |
| 20 THURS | 9:00 am Children's Day Camp (Fellowship Hall) 6:30 pm Savvy Savers, Rm 110 |
| 23 SUN | 6:00 pm Quarterly Business Mtg (Sanctuary) |
| 24 MON | 7:00 pm WMU Barbara Deal Group Mtg (Overflow Room) |
| 27 THURS | 9:00 am Children's Day Camp (Fellowship Hall) 11:00 am Joyful Sounds Choir Practice (Choir Room) |
| 31 MON | CENTRI-KID CAMP (7/31-8/4) |

WEEKS IN REVIEW

| | June 4 | June 11 | June 18 | June 25 |
|---|--------|---------|---------|---------|
| LIFE GROUPS (Sunday Bible Study) | | | | |
| Enrollment | 363 | 363 | 363 | 364 |
| Attendance | 154 | 171 | 163 | 146 |
| Visitor | 8 | 4 | 5 | 7 |
| New Enrollment | | | 1 | 2 |
| Total Attendance | 162 | 175 | 169 | 153 |
| WORSHIP | | | | |
| Morning Services | 190 | 215 | 193 | 195 |
| Kid's Worship | 24 | 21 | 20 | 19 |
| Total Attendance | 214 | 236 | 213 | 214 |

FINANCIAL STEWARDSHIP

| | | | | |
|-------------------------|------------|------------|------------|------------|
| BUDGET | | | | |
| Required Per Week | 11,630.75 | 11,630.75 | 11,630.75 | 11,630.75 |
| Received | 12,705.02 | 8,391.00 | 7,149.77 | 7,758.72 |
| Mid-Week Received | | 2,165.00 | 450.00 | 2,115.50 |
| Online Received | 1,565.00 | 615.00 | 890.00 | 615.00 |
| Required to Date | 267,507.25 | 279,138.00 | 290,768.75 | 302,399.50 |
| Received to Date | 247,781.90 | 258,952.90 | 267,442.67 | 277,931.89 |
| Building Fund | | | | |
| Phase 2 (New Sanctuary) | | 100.00 | | 100.00 |
| MISSIONS | | | | |
| Annie Armstrong | 20.00 | | | |
| East Asia | | | 50.00 | |
| JMBC Missions | 100.00 | 100.00 | | 305.00 |
| PBA | 85.00 | 300.00 | 30.00 | |
| OTHER | | | | |
| Backpack | | | | 10.00 |
| Benevolent | 20.00 | 45.00 | | |
| Children's Camp | 50.00 | | | |
| Deacon Fun | 30.00 | 15.00 | | |
| Fund the Foyer | 70.00 | | | |
| Youth Fund | 20.00 | | | 200.00 |