

May, 2020
Volume 20 Issue 5
Franklin Heights Church
110 Hilltop Drive,
Rocky Mt. VA 24151
483-9507



“THE JOY OF MOTHERHOOD”

**FRANKLIN HEIGHTS
CAMPUSES PLAN TO
OPEN ON SUNDAY,
MAY 17, WITH 50%
CAPACITY.
YOU MUST PRE-
REGISTER TO ATTEND**

**DUE TO THE
CORONAVIRUS, ALL
ACTIVITIES ARE STILL
CANCELLED AT FHC
CAMPUSES FOR
APRIL INCLUDING
OUR LUNCHEON
SCHEDULED FOR
APRIL 28TH.**

**UPCOMING EVENTS
WHEN WE ARE BACK
ON SCHEDULE**

Get CONNECTED. Join a group and become part of us. A list of the Connect Groups are available.

You feel more a part of our worship if you are in one of our Connect Groups.
Wednesday 5:00-6:00 P.M.
Children & Student Choir practice.
6:00 – 7:00 P.M.

J.O.Y. CLUB

God Bless Our Troops and God Bless America

Orchestra, 6:45 – 8:30 P.M.
Adult Choir Practice. If you have been thinking about getting involved in our Worship Choir or Orchestra, now is the perfect time for you to come and check us out. Call Pastor Rob at 483-9507 for more information.

Media Ministry: Audio, Video, Lighting – Anyone with interest or computer savvy, Contact Pastor Rob.

Wednesdays 7:00 P.M.
Prayer Meeting – Room 706

SENIOR PRAYER LIST

Mary Wade Akers, Clay Altice, Nina Bowles, Jim Cornog, Linda Smithers, Hazel & Jerry Dalton, Pat Grisetti, Mitch & Diane Holt and their family, Karen Haskins, Jewell Hunt, Angie Johnson, Ray Prillaman, Harold Thomasson, Don Whitley, Rebecca Wilson, our Schools, Police and First responders, Military, Pastors, Church Staff, our Children, Grandchildren and Great Grandchildren, President Donald Trump, Congress, the Supreme Court and America

HAPPY BIRTHDAY

Mike Atkins 5/13, Donna Bates 5/26, Celia Board 5/15, Don Davies 5/13, Arlene Dudley 5/6, Bob Eames 5/5

Clara Eanes 5/23, Vesper Edwards 5/7, Pam Flanders 5/11, Betty Gallimore 5/5, Mike Gibson 5/16, Janice Holland 5/3, Susan Lang 5/23, Reba McBride 5/18, Debbie McDaniel 5/16, Charles McManaway 5/19, Iris Meadors 5/5, Faye Moyer 5/1, Betty Paxton 5/27, Sara Pruit 5/14, Sandy Roth 5/23, Gale Scott 5/10, Bobby Snyder 5/25, Gail Thomas 5/24, Oscar Wilson 5/16, Joyce Wingfield 5/19, Daphne Woody 5/30

TRUTHS FROM PASTOR DR. STAN'S SERMON SUNDAY

April 19th “Sent”

Everything outside of Jesus will ultimately fail you.

Some of the most powerful works of God in your life began during a season of brokenness.

God's plan to reach our community is using ordinary people doing ordinary things with Gospel intentions.

God's plan to reach our community is through our words and actions.

God's plan to reach our community requires sacrifice.

April 26th “Sent”

God has a purpose behind everything you are going through.

In a broken world, God

cares about you.

In a broken world, God arranges opportunities for you to share the hope of the Gospel.

In a broken world, God's Spirit gives you guidance.

The guidance from God's Spirit comes one step at a time.

The timing of the Spirit is perfect.

May 3rd "Sent"

God is pursuing you.

There is nothing you could do to keep God from pursuing you.

God's grace saves the worst of sinners.

When you experience God's grace you have a new purpose.

May 10th "Sent"

Following Jesus is not easy.

Nothing can stop the sovereign Lord's Plan.

Make the decision to take the next step.

Even though you experience trials externally, you can have peace internally.

Life Principle: Never allow the presence of problems to cause you to doubt the presence of God.

We enjoy God when life is good. But we really get to know Him when life is hard.

We experience peace through a right relationship with God through Christ.

BIBLE TRIVIA

Who was the first person to be called a mother-in-law in the Bible?

Look for the answer.

BUMPER STICKER

When you break a pattern, it opens the door to new possibilities.

FOODS WE SHOULD EAT:

Ginger: Best known for its ability to eliminate gastrointestinal discomfort, ginger is a natural for nausea and vomiting. Ginger also has an anti-inflammatory effect that helps relieve achy joints and stiff muscles.



J.O.Y.CLUB 2020 TRIPS Wohlfahrt Haus

Friday, August 7th Cost \$50.00 per person. Payment due by July 1st.

"Mission Sending Service & Tour, Richmond, VA"

Thursday, September 3rd. Cost \$25.00 per person, Payment due by August 15th

Sight and Sound Theatre "Queen Esther"

Monday-Wednesday, October 19th - 21st Cost \$300.00 per person, many activities included.

"A Country Christmas" Wohlfahrt Haus

Friday, November 13th, Cost is \$50.00 per person. Payment due by October 15th. Contact Brenda McManaway for information and to sign up for trips. Call 540-580-3838 or brendamc@shentel.net. Please sign up early and make checks payable to Franklin Heights Church by date listed under the trips you desire to

take.

Drop off at the church office or mail to :

Brenda McManaway
5531 Bethlehem Road
Boones Mill, VA 24065



WISDOM FROM GRANDPA

Never promise a farm family that you'll water their plants and feed their animals while they're on vacation.



GRANDMA'S WORDS OF WISDOM

If you want to forget your troubles, walk around the block wearing tight shoes.

THANK GOD FOR SENIOR MOMENTS!

They get you off the hook when you forget the name of someone you see every day.

.....
Naomi – Ruth 1:14

PANDEMIC: RISING FLOOD

Have you ever heard that story about the man in a rising flood and he keeps praying for help?

So here comes a canoe to his rescue, and the man says "Preacher, jump in, the waters are rising fast and he says "no – I have faith the Lord will save me."

The storm continues to pound the town and the waters rise.

The preacher has to move his prayer to the balcony. A man in a motorboat comes by. "Get in, preacher. The levee is not going to hold!

Still the preacher resists, "No, I have faith in God, He will save me."

The levee breaks, water cascades through the town. The preacher is forced to climb the church steeple. He clings there, praying.

Then here comes a woman in a helicopter lowers the ladder, "Grab hold, preacher! He says "no – I have faith the Lord will save me."

He dies in the flood, goes to heaven and asks God "why didn't You save me?"

God says "I did send help in the form of a canoe, boat and a helicopter! What more did you want?"

Just suppose someday we say God why didn't you send help to cure cancer and He says "I did 40 years ago but you aborted her" or "Lord why didn't you send help for the aids sufferers" and He says "I did 30 years

ago but you aborted him."

"Lord will you send someone to cure this pandemic?" And He says "I did...you aborted them...."

Quarantine week 4: I cut it myself



EXERCISE FOR SENIORS

While we are all sitting around waiting for the virus to go away, here's some good advice for people over 60.

Begin by standing on a comfortable surface, where you have plenty of room on each side.

With a **5-lb potato bag** in each hand, extend your arm straight out from your sides and hold them there as long as you can. Try to reach a full minute and relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move to **10-lb potato bag**. Then try **50-lb potato bag** and eventually try to get to where you can lift a **100-lb potato bag** in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag!

THE QUARANTINE IS OVER!

Now how we gonna get out?



QUARANTINED MOM QUOTES

I'd prefer we practice social distancing in the house as well.

Be nicer to your sister, you may one day need her kidney.

I don't want to sleep like a baby, I want to sleep like my husband.

I'm home schooling like that substitute teacher who rolls in the TV for a movie and just eat snacks at the back of the classroom.

Stop that right now, we can't go to the emergency room!

WHEN YOU WANT TO PROTECT YOUR FAMILY BUT YOU ALSO LOVE BACON



I told my wife how thankful I was to have someone I enjoyed being quarantined with.
She said "must be nice."



Our daughter, Tammy, has spent the last month cleaning her apartment. She had cleaned every nook and cranny.

Then she decides to cook some pintos, puts them on the stove, turns it up high so they would start boiling fast.

In the meantime, she sees her plant outside that needed to be checked.

She walks out to fix the plant and her neighbor started talking with her. Just chatting about everything.

The neighbor hears a noise and they discuss what that might be and start over to the field to check it out. As they pass by her door, she hears the smoke detector going off, and black smoke rolling out of the kitchen.

She has spent the last ten days, scrubbing everything in the kitchen. Moral to the story, Don't get distracted during the pandemic!!!!!!



A Mother does better research than the FBI

THINGS OUR MOTHERS TAUGHT US

My mother taught me to APPRECIATE A JOB WELL DONE. "If you're going to kill each other do it outside, I just finished cleaning."

My mother taught me RELIGION. "You had better pray that will come out of the carpet."

My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the next week!"

My mother taught me LOGIC. "Because I said so, that's why."

My mother taught me IRONY. "Keep crying and I'll give you something to cry about."

My mother taught me about CONTORTIONISM. "will you look at that dirt on the back of your neck!"

My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

My mother taught me about the WEATHER. "This room of yours looks as if a tornado went through it."

My Mother taught me about ANTICIPATION. "Just wait till we

get home."

My mother taught me about RECEIVING. "You are going to get it when you get home!"

My mother taught me MEDICAL SCIENCE. "if you don't stop crossing your eyes, they are going to stick that way."

My mother taught me ESP. "Put your sweater on, don't you think I know when you are cold?"

My mother taught me HUMOR. "When that lawn mower cuts off your toes, don't come running to me."

My mother taught me HOW TO BECOME AN ADULT. "If you don't eat your vegetables, you'll never grow up."

My mother taught me GENETICS. "You're just like your father."

My mother taught me about my ROOTS. "Shut that door behind you. Do you think you were born in a barn?"

My mother taught me WISDOM. "When you get to my age, you'll understand."

And my favorite: My mother taught me JUSTICE. "One day you'll have kids and I hope they turn out just like you!"

