2020 PARTY
FOR PEOPLE WITH
SPECIAL NEEDS

VALENTINE SOCIAL

Dinner, a Program and
Square dancing

Friday, February 7 7:00 p.m.—9:00 p.m.

Monument Heights Baptist Church
Fellowship Hall

5716 Monument Avenue, Richmond

RSVP on or by February 4th
to: Linda Beasley 804-359-0732
beaslln49@yahoo.com

Guests should enter the Fellowship Hall from Grace St entrance. Signs will be posted.
In the section of Jesus’ sermon on the mount given in some Bibles the title “The Cure for Anxiety” Jesus cautions, “I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing?” He then points to the futility of worrying as well as to the faithfulness of God's provision and care as He offers several illustrations taken from nature. In verse 27 of Matthew’s 6th chapter Jesus poses the rhetorical but practical question, “And which of you by being anxious can add a single cubit to his life’s span?” (NASB)

The Message Bible is not intended to be a study Bible but is a paraphrase that presents the verses of this section of Jesus’ sermon very interestingly: 27 “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch?

28 All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them.

29 “If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you?”

I must admit that there have been times in my life when if I could have become taller by “fussing in front of the mirror” I'm sure I would have tried! In many of life's gatherings I have been the short guy. As a matter of fact, I have often been the shortest guy! So, yes, I would probably have been tempted had I known it could work!

While being anxious and devoting our time to worrying about our height or lack thereof or the span of our years will profit us little, we CAN take actions that will give not only more time to our lifespan but will often increase the quality of those years to enhance the investment that we can make in God’s Kingdom work.

In a recent edition of an AARP publication I found an article entitled, “Healthy habits add years.” It seems that Harvard researchers have published findings from a massive longitudinal study that concludes that individuals who engage in five key healthy habits can add more than a decade to their lives. The following are the five healthy habits highlighted in their study:

- Not smoking;
- Having a body mass index between 18.5 and 25;
- Engaging in at least 30 minutes of moderate exercise daily;
- Having no more than one glass of wine per day for women and no more than two per day for men; and
- Having a diet rich in fruits, vegetables and whole grains but low in red meat, saturated fats and sugar.

To arrive at their conclusions the Harvard research team used lifestyle questionnaires and medical records from 123,000 volunteers to understand how much longer people lived if they followed a healthy diet, controlled their weight, regularly exercised, drank in moderation and did not smoke. The questionnaires charted 30 years of lifestyle behaviors. The research team found “dramatic effects” from the healthy habits.

Compared with people who adopted none of them, men and women who adhered to all five saw their life expectancy at age 50 rise from 26 to 38 years for men and 29 to 43 years for women. This staggering statistic represents an extra 12 years for men and 14 years for women.

Additionally, people who followed the five Harvard identified healthy habits are 82 percent less likely to die of heart disease and 65 percent less likely to die from cancer.

One further finding from the Harvard study is that just 8 percent of the population in America follows all five Harvard highlighted health recommendations!

As if He needs any confirmation from someone like me, Jesus' question was so very appropriate, “And which of you by being anxious….?” Worrying, as commonplace as it is, is not the avenue toward a solution to issues surrounding aging and other life matters. If anything, worrying only complicates matters and adds to the detrimental effects that stress and anxiety produce in the human mind and body.

Confidence in God coupled with appropriate action on our part, on the other hand, can produce tremendous positive outcomes that allow us to serve Him in fulfilling ways that advance His Kingdom in extraordinary ways unlike what we can expect if we engage only in worry and destructive behaviors.

I’m guessing that some of you who are reading this article began the new year with a new or renewed set of resolutions by which you have planned to govern your life in 2020, I’m also guessing that for some, the list has already been revised or abandoned because it proved too difficult. For others life has already broadsided you with some unanticipated elements that have made their accomplishment more challenging than could have imagined. For still others, old enticements have reared their heads and drawn you away from your fresh direction!

If your list is true, honorable, right, pure, lovely and conducive toward a good reputation, let me encourage us to take the advice of Paul in his letter to the Philippians, 4:4-7: (1) Rejoice; (2) Rejoice always; (3) Be noticeably patient; (4) Don’t be anxious; (5) Know that you are not alone; God is near; (6) Pray for yourself with thanksgiving; (7) Think deeply about those true, honorable, right, pure, and lovely things; (8) Think deeply about the things you have learned from His Word; and (9) Do them. The noticeable result: a wonderful peace difficult to understand and unquenchable (4:7)

Rejoicingly,

Mike

The use of the Harvard list and the inclusion of the Harvard article are not endorsements of all five of their lifestyle criteria but an illustration that our life choices ARE impactful even in the area if longevity.
COMMUNITY MISSIONARY - REV. JENNIFER TURNER
400 South Pine Street Richmond, VA 23220
(Located in Pine Street Baptist Church)
jennifer.turner@rbaonline.org (804-648-1353)

NEEDED FOR OUR HOMELESS MINISTRY:
WALMART, ALDI, & FOOD-LION GIFT CARDS: to be used toward purchasing Snack Bag Items for Homeless
GLOVES: Waterproof & Knit GLOVES (men & women)
HATS: Solid Color (black or Navy blue) winter HATS for MEN
SCARVES: Solid Color Scarves for MEN
SOCKS: Warm (men & women)
SWEAT SHIRTS (men & women) - especially hoodies
LONG JOHN PANTS & SHIRTS (men & women)
BLANKETS: (used, but clean are fine)
SLEEPING BAGS: (used, but clean are fine)
HAND & FOOT WARMERS: (Walmart, Target, Dicks, Bass Pro Shop, etc.)

NEEDED FOR OTHER MINISTRIES:
WALMART, ALDI, FOOD-LION Gift Cards - to supplement food for Food Pantry & other food/snack needs for OHBC programs.

2020 Mileage Rates
The IRS mileage rates for 2020 for the use of a vehicle are:
• 57.5 cents per mile for business miles driven;
• 17 cents per mile driven for medical or moving purposes;
• 14 cents per mile driven in service of charitable organizations.

One Day Unlimited GRTC Bus Pass - ($3.50 each) Can be purchased at Kroger Customer Service Counters

Sylvester Spirituality Series
Contemplative Ecology: Cultivating a Spirituality for the Climate Crisis with Fred Bahnson
Thursday, February 20, 2020 at 7:00 p.m. in the Alice Haynes Room, Tyler Haynes Commons
We are excited to host Fred Bahnson, Director of the Food, Health, and Ecological Well-Being Program and Assistant Professor of the Practice of Ecological Well-Being at the Wake Forest University School of Divinity. Bahnson’s research and teaching focus on the intersection of ecology, sustainable agriculture, and contemplative spirituality. He is the author of Soil and Sacrament (Simon & Schuster) and co-author with Norman Wirzba of Making Peace With the Land (IVP). All are welcome. Please join us! This event is free and open to the public. No reservations or tickets are required. Contact Jamie Lynn Haskins, Chaplain for Spiritual Life, for additional information jhaskins@richmond.edu; (804) 289-8502.
(chaplaincy.richmond.edu)

The Coffee & Chat is open to all librarians and library workers. We will have round-table discussions on various topics. Those interested in beginning a church library are urged to attend!
Comes get acquainted with other librarians in our area, ask questions, and share what’s happening in your library!
You may bring duplicate books from your library for the Sharing Table. Please make sure the copyright is not more than 10 years of publication. If you wouldn’t put it in your library don’t bring it.

Virginia Church Library Association
www.vcla.org
**Community Missionary - Rev. Glinda F. Ford**
2011 Fairmount Avenue, Richmond, VA 23223
(Located in Mount Tabor Baptist Church)
glinda.ford@rbaonline.org  (804-780-0053)

Regular Hours: Monday 9:00am– 5:00 pm;
Tuesday-Thursday 9:00am–6:00 pm;
Friday – 9:00 am–2:00 pm

“Whoever drinks the water I give him will never thirst.”

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**Bible Study** – Spiritual food, fellowship and prayer provided at our Body and Soul Bible study every Friday morning from 10:00 am–11:30 am. Lunch provided.

Contact Rev. Glinda Ford if your church, Sunday School Class or Mission’s group would like to provide lunch for the Friday Bible Study as part of this ministry to the community.

**Clothes Closet** – Shop for men’s, women’s, and children’s clothing. There is a separate career closet for those needing outfits for job interviews or work. Operating hours are Monday’s from 1:00 pm – 3:00 pm.

**Food Pantry** – Food bags are distributed on the 3rd Thursday of every month from 9:00 am to 11:00 am, first-come-first-served for zip code 23223 only.

**One Day Unlimited GRTC Bus Pass** - ($3.50 each) Can be purchased at Kroger Customer Service Counters

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Nontraditional Ministry Education Scholarships

Now Available

Through Cooperative Missions offerings, the Baptist General Association of Virginia (BGAV) provides scholarships and ministerial education funds for eligible Virginia Baptist students who need aid in financing their education.

**Deadline:** Applications must be submitted each semester. Scholarship applications are due into the BGAV Scholarship Office by the first day of the month in which the term you are taking begins.

https://bgav.org/financial-resources/scholarships/nontraditional/

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Dear ACP Contact Persons and Pastors,

Please take the time to fill out the 2019 ANNUAL CHURCH PROFILE (ACP) survey. I have attached a hyperlink for your convenience on the home page of our website.

I appreciate you taking the time to fill this out. Thank you so much. Blessings upon you,

Danette Moen
Exec. Director’s Assistant, Financial Coordinator
(804) 329-1701 (101)
office@rbaonline.org
www.richmondbaptist.org

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Journey: A Retreat for High School Students

March 13 –15, 2020

Eagle Eyrie Baptist Conference Center
1 Eagle Eyrie Drive
Lynchburg, VA 24503

**Journey** is a retreat for high school students and is designed to give them the tools they need to be lifelong learners, leaders, and disciples of Christ. Visit the Eagle Eyrie website (http://eagleeyrie.org/) for information on cost and lodging options for your group!

For program information, contact Karen Rackett
804-915-5000 ext 2243
(Karen.rackett@bgav.org).
To help church staff and church lay leaders understand and comply with the tax laws, a FREE seminar sponsored by the Compensation Planning Ministry of the Baptist General Association of Virginia (BGAV) will be held in February 2020. The seminar will begin at 9:30 a.m. and end at 12:00 p.m. with refreshments provided.

The seminar is designed for church staff and lay leaders who handle taxes and compensation. Attendees will get help with compensation planning for church staff (including retirement and insurance), handling minister’s taxes, and federal reporting requirements for churches. Jeff Cranford, Compensation Planning Specialist, Congregational Field Staff, BGAV, will lead.

February 20, 2020 9:30 AM - 12:00 PM
Virginia Baptist Resource Center, Henrico

For more information about the seminars please contact:

Jeff Cranford
Field Strategist, Central Region; Compensation Planning Specialist
804.921.3945
jeff.cranford@bgav.org

For more information about using Camp Alkulana as a retreat location please go to www.alkulana.org or call Beth Wright at (804) 329-1701 ext. 114

Camp Alkulana depends on the hard work and dedicated hearts of our volunteers. Plan your mission experience now! There are many ways you can be involved at Alkulana:

Work Retreats
Plan a work retreat to bring your group to camp for a day or weekend of volunteering to clean, repair, sew, build...or whatever else needs to be done. We have facilities needs at all skill levels. We have regularly scheduled work days in the spring each year or we can work with your group to plan a separate weekend.

Collections
Plan a collection drive at your church. At various times we can use clothing, costumes (including old dresses and suits!), crafts supplies, medical supplies, and gently used books. Call the RBA office to find out what our current needs are.

Hospitality
The ministry of hospitality can go a long way! We can always use home baked goods to treat our campers and staff during events during the year or throughout the summer.

Most links for the ads in the TRANSFORMED! can be found on the RCFN website: www.richmondbaptist.org/news-events/

Please mark your calendar for the SPRING Clean Up and Work Days. Plan to come to camp May 16th and May 30th to help us ready the facilities for our summer season. Painting, cleaning, yard work and light construction are all tasks on these volunteer days.
WINTER NEEDS:
GLOVES: Waterproof & Knit GLOVES (men & women)
HATS: Solid Color (black or Navy blue) winter HATS
SCARVES: Solid Color Scarves for MEN
SOCKS: Warm (men & women)
SWEAT SHIRTS (men & women) - especially hoodies
LONG JOHN PANTS & SHIRTS (men & women)
BLANKETS: (used, but clean are fine)
SLEEPING BAGS: (used, but clean are fine)
HAND & FOOT WARMERS: (Walmart, Target, Dicks, Bass Pro Shop, etc.)

WALMART, ALDI, FOOD-LION Gift Cards - to supplement food for Food Pantry & other food/snack needs and GRTC Transit System Passes.

One Day Unlimited GRTC Bus Pass - ($3.50 each)
Can be purchased at Kroger Customer Service Counters

Our guest clinician, David Harris, has been the director of The Raleigh Ringers since January 1990, when he was instrumental in the formation of the group…. He chaired the national committee that planned the very first Community/Professional Handbell Choir event, Pinnacle 2000, which was held in Las Vegas, Nevada. David is in increasing demand as a clinician and guest conductor...

Space is limited, so be sure to register early! For more information and to Register at: BGAV.org/Handbells

This “Thank you” goes to anyone or church that gave to RCFN at Christmas. Items donated to RCFN and were left over after the Church Hill Christian Wellness Center, Oregon Hill Baptist Center, South Richmond Baptist Center and the LIC (Lighthouse International) Christmas Stores were over were taken to G. H. Reid Elementary School.

THANK YOU!!!
CHURCH NEWS

Feb. 6-8 – 2020 Vacation Bible School Curriculum Fair

The Resource Center (Thurs. Feb. 6, 2020 preview 1-4pm, Fri. Feb. 7, 2020 noon-5pm, Sat. Feb. 8, 2020 10am-2pm),

Experience Tons of Great 2020 VBS Curriculum Options in One Location!

For current resource needs, contact staff: Phone: 804-358-8306
Email: info@resourcingchurches.com
Search collection on the website – www.resourcingchurches.com

Visit: Tuesday-Friday, noon – 6pm
4TH Floor of Kingsley Hall (just beyond Wilder Library)
The Samuel DeWitt Proctor School of Theology
at Virginia Union University
1500 N. Lombardy Street
Richmond, VA 23220

CALENDAR EVENTS

Feb. 6-8, 2020 Vacation Bible School Curriculum Fair

February 6–8, 2020
The Resource Center

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Richmond, VA 23220

February 6–8, 2020
Vacation Bible School Curriculum Fair

CAMP PIANKATANK

Winter Blast
February 14 — 16, 2020
For ages 12–17

2020 Theme: Freedom

“But when one turns to the Lord, the veil is removed. Now the Lord is Spirit, and where the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:16–17 ESV

To pray for missions means to communicate with God on behalf of missions work, people involved in missions work, and people that need to know and accept God’s redeeming love. WMUV encourages people of all ages to emphasize prayer in following Jesus’ command to love God and love others.
**Pray for the RCFN Churches seeking a PASTOR**

Bethlehem, Penick
Derbyshire Cambodian
Ginter Park
Monument Heights

**Pray for the RCFN Church of the Week**

FEB. 2.................Church Hill Center
FEB. 9.....................Oregon Hill Center
FEB. 16 .................South Richmond Center
FEB. 23.................Bethlehem (Fairmount)

“Jesus said, ’I’m telling you, open your eyes, take a good look at what’s right in front of you...It’s harvest time.’” (John 4: 34—35) MSG

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**TRANSFORMED! is published monthly by the River City Faith Network of the Richmond Baptist Association**

Contact: Danette Moen via phone (804) 329-1701 ext.101, email or USPS at the addresses listed above:

- To submit an article: it must be received by the 4th of each month.
- To be added to or deleted from the mailing list, or
- To submit a change of address: in a timely manner so that the Network will not incur postage due costs for undeliverable newsletters.

**THANK YOU for your continued support of RCFN**

**2019 December RCFN Budget Report**

RCFN Monthly Budget Amount: $45,050.00
DECEMBER Budget Receipts: $128,286.00
DECEMBER Budget Expenses: $44,403.00

RCFN YTD Budget Amount: $540,600.00
RCFN YTD Budget Receipts: $655,951.93
RCFN YTD Budget Expenses: $613,292.72

Camp Alkulana Offering $161,000.00

YTD Budget Amount: $161,000.00
YTD Receipts: $265,116.88
YTD Expenses: $193,271.83

**Writers’ Block** is a new periodic feature in the “TRANSFORMED!”.

It is designed to give exposure to Christian authors related to the RCFN whose work sometimes goes virtually unknown. Inclusion in this column is in no way an endorsement of the viewpoints or opinions expressed by the author. Authors are encouraged to submit their information.

(See the RCFN website: www.richmondbaptist.org)