



The Second Baptist Church

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Grace to you and peace. Christ is **risen**! He is risen indeed!

Sunday, May 22 (past, Sixth Sunday of Easter)

1. I have attached my sermon, "**Do Not Let Your Hearts Be Troubled**" (John 14:23-29).
2. I posted this paragraph on Facebook earlier this month, and I would like to share it with you:

May is Mental Health Month. I have what is known as "generalized anxiety disorder." I went a long time just thinking I was a "Nervous Nelly." I finally saw a psychiatrist and got medication about 25 years ago. This made all the difference in the world. I still occasionally have bad days, but I continue to take my meds and life is great. I encourage anyone who thinks they might have a mental health issue to see a provider who can get you specialized help. (I have adapted this posting from a Facebook friend.)

[I will add here that taking medication or seeing a counselor is NOT an indication of lack of faith in God. Indeed, God often works through medication and counseling.]

3. Joys and Concerns

- a. David & Evelyn Battle, Jean Aldrich-Jones, Larry Peters, and the Barron family have **covid**.
- b. I had a delightful conversation with **Signe Wright** this week. She has a variety of ailments, but she has a generous spirit, for which I am thankful.
- c. We continue to pray for **Claudia Hepner**, who is receiving cancer treatments, and **Lin Remington** who was back in the hospital this week.
- d. **Carolyn Samplatsky** broke her shoulder in the parking lot here at the church on her way to the Ladies Luncheon.

Sunday May 29 (coming, seventh Sunday of Easter)

I will be preaching on John 17:20-26, "**That They May Be One**." Jesus prays that the church might be one in mission, in purpose, in will.

Future events include Sunday June 5, when we will celebrate communion, and Sunday June 12, when we will recognize our graduates and have the **all-church picnic**.

I look forward to seeing you soon.

Peace to you,

Pastor Michael