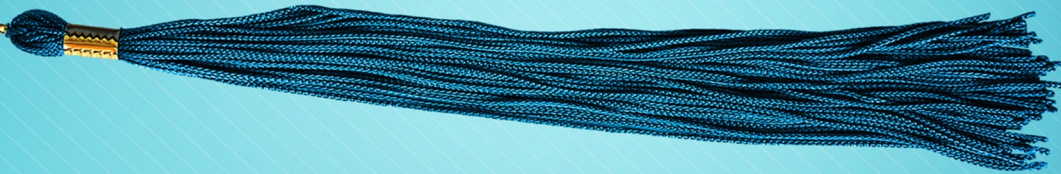


May



GRADUATE RECOGNITION SUNDAY



MAY 5 IN BOTH SERVICES



VBS 2024

BREAKER ROCK BEACH



JUNE 10-14

8:30- 11:30 AM

GOD'S ROCK-SOLID TRUTH IN A
WORLD OF SHIFTING SANDS
ROMANS 12:2

FOR KIDS AGE 3 THROUGH 6TH GRADE

*MUST TURN 3 BY 9/1/23

A word from your Pastor...

LEARNING TO LAUGH AGAIN

Proverbs 17:22 states, “A cheerful heart is good medicine.” I really enjoyed laughing with so many of you a couple of weeks ago when we hosted “Laugh All Night” at our church. Since then, I have been thinking about how Christians ought to be a people who are known for laughing, smiling, joy, and happiness. Where did anyone ever get the idea that being saved meant not having a good time or enjoying life? Obviously, life has its share of difficulties and hardships, but it also gives us ample opportunities to smile. Someone once told me that to grow in faith, we must take God seriously but not take ourselves too seriously. We must learn to laugh at ourselves. The everyday incidences of life provide the best comedy around. I have noticed that my best days are often those that I have laughed the most.

While the average child laughs 150 times a day, say researchers at the University of Michigan, the average adult laughs only 15 times. Where did the laughter go? My guess is that it erodes over time. We need to remember how to laugh again. Dr. Michael Miller of the University of Maryland in Baltimore, says laughter releases chemicals into the blood stream that relax the blood vessels. In addition, hearty laughter reduces blood pressure and heart rate. He further stated that individuals with heart problems were 40 percent less likely to respond with laughter in typical day to day situations than those without heart issues. An intriguing UC Berkeley 30-year longitudinal study examined the smiles of students in an old yearbook, and measured their well-being and success throughout their lives. By measuring the smiles in the photographs, the researchers were able to predict: how fulfilling and long lasting their marriages would be, how highly they would score on standardized tests of well-being and general happiness, and how inspiring they would be to others. The widest smilers consistently ranked highest in all of the above. Even more surprising was a 2010 Wayne State University research project that examined the baseball cards photos of Major League players in 1952. The study found that the span of a player's smile could actually predict the span of his *life!* Players who didn't smile in their pictures lived an average of only 72.9 years, while players with beaming smiles lived an average of 79.9 years. Research even shows that laughter aids in digestion. So, who knows, being in a better mood might also come with the added benefit of weight loss!

I recently read of a man who definitely got the last laugh. Before his death he made a recording and asked the funeral director to play it at his funeral. When they closed the casket, the mourners were shocked to hear his voice screaming, “Let me out! It’s dark in here!” I hope that gave you at least one laugh to add to your daily total!

Have a great week! Love y'all!

Larry

Life Group Attendance

3/3 - 843

3/10 - 667

3/17 - 668

3/24 - 756

Scripture Memorization

MAY 5 1 JOHN 5:15

MAY 12 1 JOHN 5:11

MAY 19 1 JOHN 5:12

MAY 26 JOHN 14:1

MAY

AT A GLANCE

05 SUN

SENIOR RECOGNITION

07 TUES

IRON MEN BREAKFAST

12 SUN

HAPPY MOTHER'S DAY!

18 SAT

PRIMETIME TOUR-B&J SEAFOOD

23 THURS

MEALS OF MERCY

27 MON

MEMORIAL DAY-OFFICE CLOSED



Welcome New Members



Stone & Eden Case
Transfer of Letter



Kim Case
Transfer of Letter



Reggie Martin
Transfer of Letter



Maci Wilson
Profession of Faith



Preston Britt
Profession of Faith



Shirley Thompson
Transfer of Letter



Andrew Alexander
Profession of Faith



Brandon & Brittney Meyers
Skyler & Avery
Transfer of Letter



Chris & Marcy Lynn Cox
Transfer of Letter

Praise the Lord for 99 decisions since September 1, 2023!

Adult Ministry News

Last Midweek Meal
May 15

We will continue to meet
on Wednesdays for
Midweek Ministries through
the Summer from 6-7 pm

Iron Men Breakfast

Tuesday, May 7 @ 7:00 am

Last one until September

SMCC Student Union Building
Upstairs Room

Breakfast Buffet - \$6

Memories with Mom- May 12

*For families with nursery through high school-aged children

Moms- bring your family outside to the
west side of the Music Building to have
a family photo taken for
Mother's Day! You'll be able to
download a digital file to print and keep.

Our photographer will be taking pictures from
8:45-9:15 and 10:15-10:45!

Primetime Tour

Saturday, May 18
Leaving from the
church @ 2:00pm

Deadline to sign up
is May 15

FBC
SUMMIT
Primetime Ministry

B&J
SEAFOOD

Hammond,
LA



Hey Kids!



PRESCHOOL CHOIR



FOR KIDS AGE 3-K5

WEDNESDAYS STARTING APRIL 24 FROM 6-7 PM
2ND FLOOR ELLIS HALL - LARGE GROUP ROOM

1st-6th Grade Kids Choir

Wednesdays
6-7 pm



in the
Choir Room



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SAY *YES* TO VBS!
CLICK [HERE](#) TO REGISTER!



STUDENT MINISTRY

 Student Breakfast and Devotion at



Fridays at 7:20

Transportation to school not provided



Serve 2024

BOCA RATON

FLORIDA

June 22-28, 2024



Wednesdays in The Hangar

Death to Life

STUDENT LIFE

CAMP

JUNE 3-7, 2024

Revival
GENERATION

SHOCCO SPRINGS, AL



**GRADUATE
RECOGNITION SUNDAY**

MAY 5 IN BOTH SERVICES



FBC Summit Life



2024	BUDGET OFFERINGS		MISC OFFERINGS		
	Weekly*	YTD 2024	YTD Needs	Designated	Building Fund
3/03	\$106,273	\$597,695	\$605,336	\$2,023	\$2,245
3/10	\$42,219	\$639,914	\$672,628	\$2,035	\$1,736
3/17	\$58,838	\$698,752	\$739,890	\$4,440	\$1,425
3/24	\$97,246	\$795,998	\$807,152	\$5,143	\$1,785
3/31	\$35,296	\$831,294	\$874,414	\$15,611	\$1,580

Balance on Building Fund: \$389,699.57

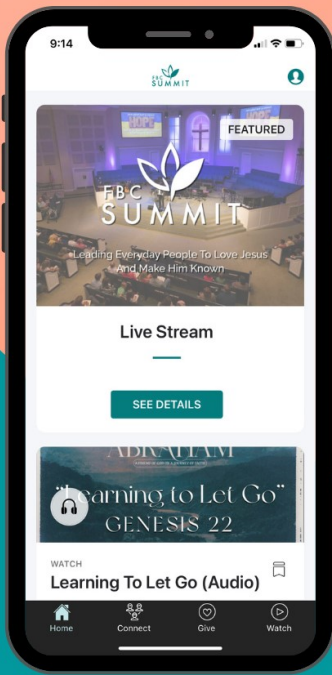
***Weekly Goal: \$67,262**

Click [here](#) for Online Giving.



Get the new FBC Summit App

- Watch
- Listen
- Calendar
- Give
- Connect



**This app is approved by the FBC Summit Student Ministry*



Download Now!



Leading Everyday People
to Love Jesus and
Make Him Known.