

AUGUST NEWS

Cambria Baptist Church Newsletter



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BIRTHDAYS & ANNIVERSARIES

1 – Kat Drake
2 – Buddy Quarterman
3 – James & Kathie Dickenson
5 – Isaac Gillenwater
10 – Nancy Miller
17 – Jim Legg
19 – Ron Covey
22 – Sharon Legg
23 – Jackie Caldwell, Judy Baker
24 – Hunter Shelton
28 – Jane Rivers
28 – Ed & Terry Wilson
30 – Thelma Harrison

Change Takes Time Except when God is Involved!

by Pastor Keith Crowgey

It's August, and I'm still thinking about our nation's 250th birthday. And when we look at our founding and the development of our nation – we need to understand that change takes time.

One important date in August was the signing of the Declaration of Independence. Keep in mind, the founders of our nation did not have the technology and speed of travel we have today. The horse they rode on was a one-horsepower mode of transportation! While the Continental Congress *adopted* the Declaration of Independence on July 4, 1776, the *actual signing ceremony* by most delegates took place nearly a month later on *August 2, 1776*.

On July 4, 1776, only two men signed the document: John Hancock (President of the Continental Congress) and Charles Thomson (Secretary to the Congress). The remaining 54 delegates affixed their signatures on August 2, 1776, at the Pennsylvania State House (now Independence Hall) in Philadelphia. A few additional delegates signed the document later, with the final signature added in January 1777.

Change takes time.

The first battle of the Revolutionary War took place on April 19, 1775, with the Battles of Lexington and Concord in Massachusetts.

These initial skirmishes, widely remembered as the "shot heard round the world," marked the official start of the armed conflict between Great Britain and the American colonies.

But the war did not end until 6 years later when British General Lord Cornwallis surrendered his army at Yorktown, Virginia, on October 19, 1781. This devastating defeat for the British effectively ended major fighting in the American Revolutionary War.

Change takes time.

In the Declaration of Independence, it states "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." But that freedom, where men are actually treated equal and given freedom did not come about until slavery was abolished 89 years later.

Slavery was constitutionally abolished in the United States on December 6, 1865, upon the ratification of the 13th Amendment. While President Abraham Lincoln issued the Emancipation Proclamation in 1863, it only applied to enslaved people in Confederate states. The 13th Amendment permanently outlawed slavery nationwide.

And even still, we struggle with this American experiment of liberty today.

I am reminded of how change takes time as our ad-hoc Disciple Making Process Committee continues to look at how we can be more effective in our ministry and reaching people for the Kingdom of God. It has taken time, and it's a process, but I admit I look forward to the time when we can work the process through the whole church.

All of our ministries continue to develop. The Music team continues to evolve. The Kitchen team has been working with all of the special VBS and church events. Kaitlyn Showman has been developing the Children's ministry and it will take some time to see more and more children – and families – being reached in our community. Something else to look forward to this month is that the Women On Mission (WOM) is planning to have an organizational luncheon August 11th. This is exciting to consider the resurgence of this important ministry.

Change takes time.

God will continue to lead, direct, and guide our ministry here at Cambria. But here is the good news. When God offers us salvation – it is instant! Change does not take time when God is involved!

Think of the things God does that happens instantly – in a moment.

⁵⁰ And when Jesus had cried out again in a loud voice, He gave up His spirit. ⁵¹ **At that moment** the curtain of the temple was torn in two from top to bottom. The earth shook, the rocks split ⁵² and the tombs broke open. The bodies of many holy people who had died were raised to life.

Matthew 27:50-52

⁸ But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." ⁹ Jesus said to him, "**Today salvation has come to this house**, because this man, too, is a son of Abraham." ¹⁰ For the Son of Man came to seek and to save the lost."

Luke 19:8-9

¹ As God's co-workers we urge you not to receive God's grace in vain. ² For He says, "In the time of my favor I heard you, and in the day of salvation I helped you." I tell you, now is the time of God's favor, **now is the day of salvation.**

2 Corinthians 6:1-2

⁵¹ Listen, I tell you a mystery: We will not all sleep, but we will all be changed— ⁵² **in a flash, in the twinkling of an eye**, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

1 Corinthians 15:51-52

We praise God for His work in our souls, to give us salvation, and that salvation is complete when we submit our lives to Him. But the process of change in our lives, because we are human and fallen creatures, still takes time.

So while we thank God for the forgiveness of our sins and the salvation of our souls, we pray for patience as we all are continually developing, learning, and growing in our faith.

May God continue to lead us, bless us, and patiently love us through the process!

Keep pressing on!

-Pastor Keith Crowgey

A Look Back

Gary Allen, Minister of Music and Worship



This month marks 6 years since I first came on staff at Cambria. I am grateful that God opened this door of opportunity to put my talents to good use as I was preparing to move to Virginia. I'd like to take this opportunity to reflect back. I was reluctant to leave our home in Illinois, however, all in all, the move has worked out well for Monica and I. Not only did we move close to our son and his family, but we really enjoy the outdoor activities this area has to offer. Plus, the church has been a blessing. Our Pastor is easy to work with and I have had a pleasant experience serving with all those on our music ministry.

In many ways, the church has stayed much the same in the last 6 years, yet some things have changed. Our attendance has remained fairly stable. We've had to say goodbye to some long term members for various reasons. However, the Lord has sent us some new people that have been wonderful additions. It seems we bring in just about enough new people to replace our losses. Like most churches today, we can't seem to experience any net growth. That's disappointing, yet all too common.

One big visual change is the remodel of the sanctuary and fellowship hall. From my perspective, this was all a wonderful upgrade. We can count it a great blessing that we were able to accomplish this without going into debt. Besides the aesthetic changes, we made some positive changes to our sound and video equipment. I'm so grateful that our online service has come a long way in the last 6 years.

I'm grateful for the opportunity to serve with a team of people who are evaluating our current discipleship and outreach structure and practices. We've spent a lot of time discussing and refining the details of how we should carry out our mission as a church. As we get further down the road in this process, I look forward to seeing how God uses this to shape our future in a positive way. What will the next 6 years look like? I can't say with certainty, but I would encourage you to ask the Lord how he might use you to make Cambria as healthy as possible.

First Sunday Fellowship

The first Sunday of every month we come together for a breakfast between Sunday school and worship service! All are welcome!

VBS – Summer Storytime

Join us as we explore the Bible through games, crafts, and great fun this Summer! Kids of All Ages. See Paula Midkiff with questions or to volunteer!

- August 2nd, 5:30-7:00pm - Linden Green Apartments
- August 23rd, 3-5pm - Claytor Lake Baptist Camp (in conjunction with our Annual Church Picnic, which is 3-7pm)

Deacon Nominations

It's time for Deacon nominations—we will collect nominations on Sundays, August 2nd and 9th and will have elections Sunday, August 23rd. We hope you will be prayerful with us in these decisions – that God will provide the wisdom and guidance we need!

Church Leadership Council Meeting

Tuesday, August 4th at 7pm in the fellowship hall.

Ladies Lunch Bunch

Please join us for a time of fellowship and food at Red Robin on Wednesday, August 5th at 11:30am. All ladies are welcome to attend. If anyone has any questions, please contact Lois Banyai at 540-998-3376.

Agape Class Social

The Agape Sunday School class will have a lunch social on Sunday, August 9 at 12:15pm in the fellowship hall!

Women On Mission Luncheon

We invite every lady of our church to join us for a lunch to fellowship, encourage, and pray as we seek new ways to share Christ's love. Tuesday, August 11th at 12 noon in the fellowship hall. Please bring a school supply to donate.

Men's Breakfast

Men's Breakfast is the second Wednesday of every month at Country Kitchen in Christiansburg. This month they will be meeting Wednesday, August 12th at 8:30 am. All men are welcome!

Service Opportunity

Help is needed for the Lord's Supper (Communion) Team. Volunteers prepare cups and plates before service (2nd Sunday of each month), then collect, clean, and put away supplies afterward. If you are interested in serving, please see Nancy Miller or Carrie Bradshaw.

Annual Church Picnic

Sunday, August 23rd 3-7pm. Join us for our church picnic at Claytor Lake Baptist Camp (4337 Towes Ferry Rd. Dublin, VA). One and all are welcome! If you can, please bring a side dish and/or dessert to share. There is a sign up sheet at the welcome center!

Aloha Summer Bingo!

Sunday, August 30th 4-6pm at Cambria Baptist. Say aloha to summer with free family-friendly bingo, prizes, and snacks! Hawaiian shirts are encouraged!

Finding Rest in Christ: A Biblical Approach to Self-Care and Avoiding Burnout

By Julia M. Bruce | June 2, 2026

In a world that never slows down, burnout is a common condition. The best preventative measure and antidote is self-care. Self-care is not selfish; it is biblical and was modeled by Jesus Himself. Listen to the invitation of our Savior: *“Come away by yourselves to a desolate place and rest a while”* (Mark 6:31 ESV).

The Call to Rest

Mark 6 tells about the first time Jesus sent His disciples out on their own. When they returned to Him, after healing, casting out demons, and seeing people repent of their sins and believe in Jesus, they must have been excitedly talking over one another in amazement and joy. John the Baptist had also just been beheaded, and they had tended to his body. They were probably running on nothing but adrenaline, but Jesus saw past their exuberance over the lost coming to salvation and fortitude in the face of grief; He knew how exhausting ministry is, and He responded with an invitation to rest. Rest is essential, not just for our bodies but also for our souls. In our hectic lives, we often forget to stop and take stock of where we are. However, when we take a moment to rest, we open the door to focus on God and receive His ministration. During these moments of quiet, we are often able to hear God’s guidance more clearly.

The Importance of Sabbath

Observing the Sabbath is a cornerstone of the biblical concept of rest. In Exodus 20:8–11, God instructed His people to remember the Sabbath and keep it holy. This day of rest serves not just as a pause from our tasks but also as an opportunity to strengthen our relationship with our heavenly Father. It is a time for spiritual renewal. Certainly, attending church and fellowshiping with other Christians is a part of this. Some take it a step further and plan intentional time away from daily life for prayer, personal revival, Bible study, and rest. By instructing us to intentionally set aside time for rest, God protects us from burnout.

Jesus as Our Model of Rest

We see that Jesus consistently illustrated the significance of rest throughout the Gospels. For instance, Luke 5:16 tells us, “Jesus often withdrew to lonely places and prayed” (NIV). His practice of retreating for prayer serves as a powerful indicator of how we, too, can benefit from prayerful solitude. Taking time for stillness helps us recalibrate our thoughts and emotions, aligning them more closely with what God desires for our lives. If we have been experiencing burnout, regular rhythms of rest will restore us.

Seven Areas of Self-Care

We are multifaceted beings created in the image of God and, therefore, have different areas of our being that need attention. Identifying where you are feeling depleted and taking steps to rest in those areas is key. If you are physically exhausted but your self-care attempts are centered around your social being, you may not get the proper rest and care you need. You may also need rest in more than one area, so be sure to take inventory of all seven areas and try some of the suggested ways to practice self-care.

Physical Self-Care

- Exercise regularly
- Maintain a balanced diet
- Get adequate sleep
- Stay hydrated
- Schedule regular rest

Emotional Self-Care

- Practice mindfulness and meditation
- Journal your thoughts and feelings
- Engage in activities that bring joy
- Seek therapy or counseling when needed

Sensory Self-Care

- Spend time in nature
- Listen to music or nature sounds
- Walk barefoot in the sand or grass
- Take a hot shower

Social Self-Care

- Spend time with friends and family
- Join clubs or groups with similar interests
- Set boundaries in relationships
- Engage in community service
- Take a break from technology and social media

Spiritual Self-Care

- Read and study your Bible
- Listen to podcasts or sermons from your favorite pastors and teachers
- Practice gratitude
- Engage in prayer or meditation
- Participate in Bible study and missions discipleship groups
- Be a faithful, serving member of a local church

Intellectual Self-Care

- Read books and articles
- Take up new hobbies and skills
- Engage in stimulating conversations
- Attend workshops or classes

Professional Self-Care

- Set career goals and work toward them
- Seek mentorship or networking opportunities or work with a life coach
- Maintain work-life balance
- Take breaks and manage stress effectively

Embracing Restful Living

Self-care fosters renewal and thwarts burnout. By incorporating biblical principles of rest into our lives, we can cultivate a lifestyle that is geared toward regular rejuvenation.

As we navigate life's demands, let's not overlook Jesus' invitation to "come away ... and rest a while" (Mark 6:31 ESV). Doing so not only nurtures our well-being but also enhances our relationships with God and with others. Embrace the gift of rest and see how it can transform your life for the better.

For more from Missions Mosaic Magazine, check out the latest editions by borrowing a copy from the welcome center, or on their blog at www.wmu.com/blogs

August Prayer Guide

Thank God for Praises and Blessings!
Wonderful services with Schaeffer Memorial Baptist
Love & support to Hunter Shelton & Lucy Bowman
Pray for the Lost / Unspoken:
Phillip Caulder – Gary Smith's cousin

Prayer for Revival! Ministries of the Church
Children's Activity Coordinator Kaitlyn Showman
All About Jesus Boy's Ministry
VBS in the Park! **Linden Green 8/2, 8/23**
Communion Team – Need team members!
WOM organizational luncheon 8/11
CLC Mtg 8.4: Planning for Fall, Outreach

Pending /recovering surgeries / Treatments
Candy Woolwine, Brain cancer treatment
Prayer for the Brokenhearted / Down in Spirit
Pray for spiritual warfare against evil spirits.
Frances Gardner – Loss of Olen
Family of Larry Sutherland – Larry passed 7.21

Prayer for Shut-ins / Widows / Widowers
Bob Pohner, Aubry Conner
Donna Roberts – Fell 7.26 in her home. Fine.

Prayer for Local / State / Nation
Peace for Ukraine, Russia, Israel, Iran and the
innocent citizens affected by the war.
First Responders, Police, EMS, Fire
Medical Staff, Doctors, Nurses, Technicians

Prayer for the sick and afflicted
Cindy Gentry – Skin Cancer – Continued Treatment
Melissa (Iris Mullins Niece) Breast Cancer
Novel Martin (Woolwine) Throat Cancer – Duke.
Completed Chemo – awaiting surgery
Cassie Baker (J.Rivers G-Granddaughter) (Mother
Karley) 4 year old. Lemierres Syndrome. Home.
Kathy Rumble (G. Smith cousin) Heart Transplant list

Prayer for Missionaries:
Brandon Brooks – Student ministry.
Graham Rogers – Europe, unreached people
Jeff and Becky Hrubik (Lois' brother) Brazil. New
Ministry in University of San Diego, California
Hrubik Family – Missionaries to Tokyo, Japan.

Needing Employment: Jenna McKendrick (G. Smith)
Brady Baker (Eddie/Judy);
T.J. Ramey – Grundy, needs car repaired.
Kay Bowles – Homeless, Cambria Baptist assisted.
Starting job at LG Salem on 8.3