



1310 Cambria Street, NE
Christiansburg, Virginia 24073
(540) 382-2490

March News

Sunday Mornings

9:45 am : Sunday School
11:00 am : Morning Worship

Pastor's Note

Make a Way for the King

³A voice of one calling:
"In the wilderness prepare the way for the Lord;
make straight in the desert a highway for our God.

⁴Every valley shall be raised up,
every mountain and hill made low;
the rough ground shall become level,
the rugged places a plain.

⁵And the glory of the Lord will be revealed,
and all people will see it together.
For the mouth of the Lord has spoken."

Isaiah 40:3-5

Spring is a time of the earth pushing through obstructions and making a way to break out in new life. Plants break through the frozen ground – which we have had a lot of lately – and make a way to draw life from the sun. Seeds break out of their shells and make their way through to the surface to show the world there is such a thing as life!

Spring is a reminder for us to think about our Spiritual life as well – to break out of what may be some bad habits, or frozen hearts, or hardened attitudes – and make a way for new life in our heart. Isaiah wrote about the coming of the Messiah in chapter 40. John the Baptist identified himself as that voice that would cry out "prepare the way for the Lord."

In ancient times, whenever the king would come for a visit, the imagery of Isaiah 40 would hold true. The people from the towns would go out and straighten the roads, fill in the valleys and level the hills, and smooth the rugged places in order for the king to have a good passage to the town.



Birthdays & Anniversaries

6 – Keith Crowgey,
Kathy Gothard

7 – Paul Wills

8 – Tina Smith

15 – Tina Vaughn

16 – Randall & Nancy Amos

20 – Carol Burruss

25 – Asa Harrison

29 – Robby Gillenwater



Pastor's Note, Continued

We need to do that as well – spiritually speaking.

We need to consciously make a way for the King – because the King is coming!

As we continue to study Jesus as John wrote in his Gospel in chapter one, we see Him as the Word, the Light, the Son of God, the Lamb of God, the Messiah! Each of these references remind us of how multifaceted Jesus is – and how He can minister to us wherever we are. If we are confused, in the dark, wandering, wondering, in need of direction, in need of peace, Jesus will meet us at the point of our need. But He does not come crashing into our world, we have to invite Him, open the door, make a way for the King.

So now is a good time to take the imagery of Isaiah 40 and apply it to your life.

What roads need to be straightened? Have you been on a meandering pathway that you are not sure where it will lead? What decisions do you need to make to make a straight path for the Lord?

What valleys need to be raised up? What are some areas of your heart that have been in despair that need the light of Jesus Christ to illuminate?

What mountain needs to be made low? Are there some things that you are facing that simply look like an insurmountable mountain that you need to turn over to Jesus and let Him guide you through?

What rough and rugged parts of your thinking, your attitude, your outlook need smoothing out? Consider this, do you really think the King of Kings needs to hear your words of destruction, of complaint, of tearing down someone else just because they do not think the way you do?

I often think that one of the best ways to combat the toxic rhetoric of our day is to meditate on Philippians 4:8-9 and apply it before speaking, posting, or arguing.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. “Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

That is one way to make a way for the King. That is one way to break through the heated debates, the angry conversations, and most certainly the hardness of our hearts.

At the end of this month we will celebrate Palm Sunday – the triumphant entry of Jesus Christ! My hope is that by the end of the month we will all break through some hard places and allow new life, new hope, new attitudes to spring up in our lives. At that time, my hope is that the words of John 12 describing the entry of Jesus will have a fresh meaning: “Hosanna! “Blessed is He who comes in the name of the Lord!” “Blessed is the King of Israel!”

Make a way for the King!

Pastor Keith Crowgey

A Word From Our Music Ministry

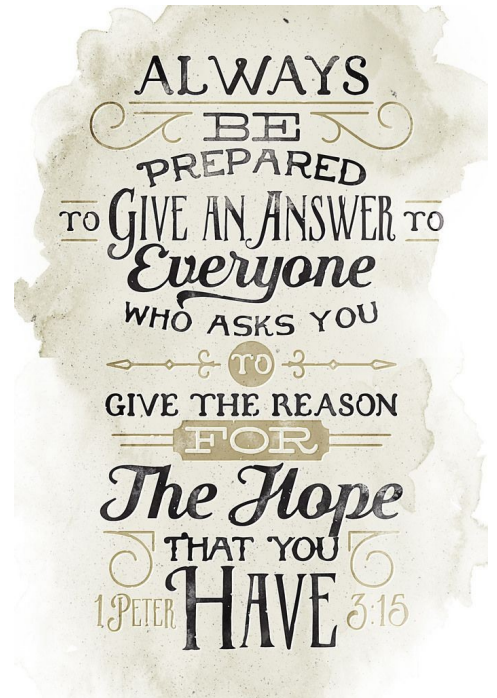
YOUR STORY

I recently had the opportunity to visit a church not far from St. Louis where a friend is the pastor. I was talking with a man in the fellowship hall I had never met before. As the conversation unfolded, he proceeded to share his salvation experience. He had a very interesting adult conversion. I suspect he has shared his story many times. I was blessed by our brief talk.

I believe every Christian has a story to share. However, very few Christians make a habit of sharing their story. Perhaps because they have never been taught how to share it. Maybe they think because they didn't have an Apostle Paul type conversion experience their testimony is not worth sharing. But every genuine Christ follower has a story and they need to continually look for opportunities to share.

What about you? Are you comfortable telling your story? When is the last time you've done so? Let me walk you through the basics. Many of you know this already, but sometimes we need a reminder. You can begin by describing your life before you were saved. Then, you can tell about the circumstance of your conversion. For me, I was 14 years old at a youth camp. Then you can proceed to tell what God has done in your life since that time. The man I met got involved in a ministry called "Carpenters for Christ" and he travels with other men to build church buildings. Let me challenge you to look for opportunities this week to tell your story. If you need help preparing, I would be happy to offer my assistance.

Gary Allen, Minister of Music and Worship



Announcements

Annie Armstrong Week of Prayer

Join us for a week of Prayer March 1–8 for North American Missions by praying for missionaries, their ministries, and their families. This also marks the beginning of our campaign for North American missions. Our goal this year is \$2,500.

First Sunday Fellowship

Bring a friend to join us for our First Sunday breakfast before service Sunday, March 1! This month's breakfast will be organized by the Agape class. As a reminder, this group will also be making coffee and setting out the welcome flags on Sunday mornings in February.

Ladies Lunch Bunch

Please join us for a time of fellowship and food at Olive Garden on Wednesday, March 4 at 11:30am. All ladies are welcome to attend. If anyone has any questions, please contact Lois Banyai at 540-998-3376.

Choir Rehearsals Resume

Choir resumes on Thursday, March 5 at 7:15pm. Thank you to everyone who participates in this together!

Family Ministry Meeting

We have scheduled a family ministry meeting with All About Jesus Boys' ministry on Monday, March 9 at 6:30pm.

Men's Breakfast

The Men's Breakfast meets the second Wednesday of every month at Country Kitchen in Christiansburg. This month they will be meeting Wednesday, March 11 at 8:30 am. All men are welcome!

Prayer Meetings

Friendly reminder for 6:30pm Wednesday night prayer meetings led by our deacons.

Ignite Men's Conference

This year's Ignite Men's Conference is March 13-14 at Thomas Road Baptist Church in Lynchburg. Find the flyer in the welcome center for more information or visit www.ignitemen.net.

Operation Enlighten

The Operation Enlighten course previously scheduled for March 7 has been canceled. We are now working on arranging a new date – stay tuned!

Holy Week

Mark Your calendars for our Maundy Thursday and Easter Sunday services!

Thursday, April 2	7:00 pm	Maundy Thursday Service
Sunday, April 5	6:45 am	Sunrise Service at Sunset Cemetery (Sunrise at 7:01am)
	10:30am	First Sunday Fellowship Breakfast
	11:00am	Worship Service

Cambria Baptist Prayer Guide March 2026

1. Prayer Praises/Blessings

- Jim Wesson – Accepted Christ (Agape Center)
- Tom Schuler – Successful Heart Ablation 1/20
- Brian Thompson – Successful Heart Ablation
- Lois Banyai – Successful Hip Replacement 2/4
- Steve Miller (Nancy's son) Diagnosed with Leukemia (CLL) Stabilized!

2. Prayer for the Lost / Unspoken:

- Pray for opportunities to build relationships to bring someone to a saving faith in Jesus Christ.
- Banyai Family. All unsaved, several unspoken
- People who desperately need employment
- Phillip Caulder – Gary Smith's cousin

3. Prayer for Revival! Ministries of the Church

- Pray for our Pastors / SS teachers / attendees / hearts to receive God's Word / God be glorified.
- Pray for our Students of all Ages!
- Children's Activity Coordinator Position
- Silar Moore – Young Men's Bible Study
- All About Jesus Boy's Ministry
- Disciple Making Cohort – Pastor and Deacons
- Gideon Bible Ministry
- Pregnancy Resource Center (PRC)
- Western Blue Ridge Baptist Network ministries
- Agape Center Ministry
- Local Church Spotlight: First Church of God, C-burg

4. Prayer for pending or recovering surgeries and Ongoing Treatments

- Stephanie Boyd (Connie Moore) Breast Cancer. Double mastectomy and chemo treatments
- Denise Reynolds (Lois' sister) Treatment for UTI
- Candy Woolwine, Oligodendroglioma (Brain cancer) Radiation & Chemo Treatment Reduced for 6 months
- Mike Hymes (Fred N.) Tazewell. Treatment Bladder and Prostate Cancer - Mayo Clinic, Jacksonville, FL

5. Prayer for the Brokenhearted / Down in Spirit / Lonely / In need of direction:

- Pray for spiritual warfare against evil spirits.
- Andrew Phillips – to return to his first love in Jesus, communication with Timothy and Debbie.
- Marzie Flemming -Judy Baker's sister, Going home from 100 days of rehabilitation
- Family of Donah Sutherland. Celebration of Life on Saturday, February 28, 2pm Fellowship Hall
- Peggy Q Friend at work, Sister on Life Support
- Kay Franks, Son's Mother-in-Law, killed car accident
- Family of Susan Chase (Bakers) Passed away
- Family of Glen & Frances Pursue, passed in Feb

6. Prayer for Shut-ins / In Nursing Home Widows / Widowers / Others that have lost loved ones:

- Bob Pohner Jackie McCoy
- Aubry Conner - Commonwealth Senior Living English Meadows Memory Care:
- Olen Gardner Carolyn Reilly – (Bakers)
- Helena Sams (Rev. Robert Crawfords Daughter)

7. Prayer for Local / State / National Leadership / International News

- Peace for Ukraine, Russia, Israel, Iran and the innocent citizens affected by the war.
- First Responders
- Medical Staff, Doctors, Nurses, Technicians
- Revival in our Nation over brokenness
- Winter storm victims – power outages

8. Prayer for the sick and afflicted

- Mike West – Cancer, Barretts Esophagus.
- Allen Sumner (R.Smith) battling cancer.
- Cindy Gentry – Chronic Skin cancer
- Selena McCoy, Laura Will's friend, from Newport, in Richmond on a vent with Guillain-Barre Syndrome.
- Robert Morris, Nancy Miller's friend. Brain cancer has grown. More tumors. More Chemotherapy
- Jim Legg – Pending Eye Surgery UVA
- Charlotte (Kathy Dickenson Aunt) Lynchburg, possible Heart Attack.
- Wayne Bishop (E. Baker Neighbor) Small vessel rupture in Brain
- Joslin (Baby) Thyroid problems (Iris M. friend)
- Tom Miller – Pancreatitis

9. Prayer for Missionaries:

- Brandon Brooks – Student ministry.
- Graham Rogers – Europe, unreached people
- Jeff & Becky Hrubik (Lois' brother) Brazil.
- Hrubik Family – Missionaries to Tokyo, Japan.

10. Other Prayer requests:

- Jenna McKendrick – Gary Smith cousin, needs job
- Brady Baker – Eddie/Judy's son. Fort Meyers, FL In need of a job
- Kirk Powell, Searching for new job

Missions Mosaic: Embracing the Empty Nest by Lisa Keane

My client came into my office feeling like she was failing. She had recently launched her last child into college and was struggling to navigate her new life. She felt depressed, unmotivated, and sad. She desperately wanted to find meaning in her current life and hope for what was yet to come.

Her experience is not uncommon for people who enter the empty-nest years. Many people spend a quarter of a century or longer taking care of children, and when the empty-nest years hit, they are left feeling disconnected and discouraged. However, there is a way to enter this new phase of life well. You can grieve, adapt, and cope with the changes and challenges with a renewed purpose and hope, but it takes intentionality and time.

A TIME TO LEARN AND GROW

God always has a plan for our lives no matter the season we are in. Jeremiah 29:11 says, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." At the beginning of 70 years of exile, God told His people that even in the difficult and painful circumstances they would face in the decades to come, He always had a good plan for them. When you enter the empty-nest season, you must lean into the Lord and trust that His way is a good and purposeful one. Filling your mind with God's Word offers truth and hope in uncertainty.

Welcome this season as a time to deepen your understanding of and relationship with the Lord. Psalm 16:11 reminds us, "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." Without children in the home, you likely have fewer distractions and demands and the opportunity to spend time in God's presence in ways you were not afforded in your child-rearing years. But you must be intentional with this time. Create a plan for learning more from the Bible and set goals for yourself. If you do not plan it and set goals, you will likely not achieve it.

GOD HAS A PLAN AND YOU HAVE A PURPOSE

Focus on asking the Lord what He has intended for this season rather than focusing on what is missing or lost. This time is a great opportunity to rediscover your passions and interests. You've spent many years driving, cooking, and working tirelessly to make sure your family is well cared for. That was a beautiful missions field and had great meaning and purpose and many of those responsibilities will continue in an altered form. However, you now have more time to pursue ministry opportunities outside your home, such as serving in your local church, community, or women's ministry. Proverbs 16:9 says, "In their hearts humans plan their course, but the LORD establishes their steps." When we open our hearts to His leading, we find He still has great, purposeful work for us to do.

Another way to find direction is to look for those around you who need encouragement. We are commanded to use our lives to encourage others. First Thessalonians 5:11 says, "Therefore encourage one another and build each other up, just as in fact you are doing." The Lord could be calling you to pour into the younger generation with your lived experience and wisdom. This could look like sending encouraging messages to students in the youth group, serving younger moms and families in your church, or being willing to be a mentor in your church's women's ministry. As a therapist, I often witness that giving back to others helps individuals see outside themselves and their circumstances, leading to greater positive emotional outcomes.

BE ENCOURAGED

Your children still need you to pray for them, reach out to them, and offer asked-for advice as they navigate the adult world. You and your children are working to reorient your relationship to one that is more open between two adults. You will always be their parent, but you are now mostly their friend. You must be emotionally and spiritually healthy so you can show up for them in your new role well.

Empty nesting does not have to be an empty life. If you find yourself struggling to grieve the changes and move forward toward the future, reach out to a friend, pastor, or counselor. Oftentimes we need a fresh perspective from fellow believers to help us see what God is doing in our lives.

Grieving is not wrong: in fact, it is a healthy response to the changes you are experiencing. Allow yourself to grieve, but grieve with hope for the future. Romans 15:13 says, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Your empty nest can be the beginning of a new chapter of your life marked by joy, peace, and hope!

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