



WEST SHORE BAPTIST CHURCH

UPDATE

West Shore Baptist Church ▪ 2025 Market Street ▪ Camp Hill, PA 17011 ▪ (717) 761-0942

Run For Your Life:



Seven Steps for Your Health

How would you describe your physical health and fitness these days? Are you (a.) running well, (b.) running ragged or (c.) not running at all? If you're like most Americans, you'll order the (d.) combo. That's both (b.) and (c.), easy on the mayo.

None of us need to be blasted by guilt or bombarded by statistics. We've all heard about the sky-rocketing rate of childhood

obesity, about less-than-healthy teenage lifestyles, and the myriad of physical, emotional, and mental health issues confronting sedentary adults. We've all read reports on the effects of heart disease, unremitting stress, chronic low-grade depression, lethargy, and the impact of unwanted weight.

Beyond these physical factors, most of us are well aware that there are biblical and theological reasons to steward our health. In writing to Corinth, Paul proscribes sexual immorality. Yet his counsel packs a wallop when it comes to our spiritual and physical fitness. "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body" (1 Corinthians 6:19-20).

Tell me, how *is* your physical health and fitness these days? Some of us are like the man who was told by his doctor, "The best thing that you can do for yourself is to quit smoking, lose some weight, eat a more healthy diet, and get regular exercise." To this the man replied, "Doc, I don't deserve the best. What's the next best thing I can do?"

None of us need these all-too-familiar reminders. Most of us have our own caring, but direct-and-to-the-point physicians. Most of us are also well-supplied with full-length mirrors, bathroom scales, and at least one insensitive extended family member.

The question you must decide is this: Would you like to become more physically fit this spring? Or, would you like to help someone you care about take steps toward greater fitness and health? What follows is a basic guide. To say, "Seven Steps to a New You" seems rather lame. It's nothing more than "Fitness 101" common sense. But trust me, it works. So give it a try!

(continued on page 2)

MAY 2017

NEWSLETTER

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May 14, 2017



Memorial Day
May 29, 2017

Run For Your Life: Seven Steps for Your Health (continued from page 1)



STEP #1: See Your Doctor

If you are interested in beginning a walking or running program to improve your health and fitness, you will want to consult with your physician. If you haven't been engaged in much regular fitness activity, you will want to schedule a physical and discuss any health concerns with your medical doctor before you chart your new fitness goals.



STEP #2 Read All About It

After meeting with your physician, if you decide that walking or running fits with your fitness goals, you will likely have several "how to" questions. Thankfully, there are many fine books and websites which offer important tips for new runners, including *Galloway's Book on Running* (Shelter, 2002) and www.runnersworld.com. You'll also find several helpful fitness-related books and periodicals at your nearby public library.



STEP #3 Get the Right Shoes

Once you have begun to read about health and fitness, it's time to visit a specialty running store. If you are a beginning fitness runner or walker, you will be miles ahead by purchasing a good pair of running or walking shoes from knowledgeable experts. Buy a pair that provides good fit, comfort, protection, and midsole support (so that you cannot bend the shoe in the middle), with the right blend of cushioning, stability, or motion control. Be prepared to spend \$100 or more. A high-quality pair of walking or running shoes should last up to 500 miles. It's the only essential equipment you will need, so it's money well spent. Also, the experts at a specialty running store will be able to answer your running or walking-related questions, as well as offer helpful suggestions.



STEP #4 Start Smart

If you are a prospective new runner, be sure to keep a few common sense guidelines in mind. Just as a toddler must walk before she can run, you need to develop

your strength and endurance by walking before you begin running. You may want to begin by simply walking around the block, walking the corridors in a shopping mall, or walking with a friend through your nearby city park.

Begin with fifteen minutes of daily walking. Add five additional minutes of walking every other day. Follow this plan and after your first week you will be walking for thirty minutes at a time. For the second week continue walking thirty minutes daily. At the start of your third week of walking, you may want to increase the length of your walks by five minutes every other day so that you are walking for forty-five minutes at a stretch as you begin your fourth week of walking. Adjust the length of your walks and your walking pace according to your goals as you continue your healthful new habit.



STEP #5 Steady and Stronger

If you are interested in fitness running, one of the best ways to begin is to combine walking with jogging. Once you have walked daily for at least two weeks, and you are comfortable walking briskly for thirty minutes at a time, you can begin a walk/run ratio of walking for four minutes, then jogging for two minutes. Initially you will be walking a total of twenty minutes and jogging for ten minutes during the allotted half-hour. Once you have comfortably mastered the walk for four minutes/jog two minutes pattern after the first week, you can change the ratio. During the second week, walk three minutes and then run three minutes. During the third week, run four minutes and walk two minutes. During the fourth week, run five minutes and walk one minute. After a month of walking, jogging and running, you'll be running for twenty-five minutes and walking for five minutes during your half-hour of fitness training.



STEP #6 Stay Smart and Steady

After your first month of running, do not increase the total length of time or the total distance in miles that you run or walk during any week by more than ten percent over the previous week. While you may be tempted,

Run For Your Life: Seven Steps for Your Health *(continued from page 2)*

do not violate the rule of “too’s” by doing too much, too fast, too soon. Or else you may be too injured or too tired to run. Be sure to incorporate good nutrition, adequate rest, sufficient warm-up and proper post-run stretching within your fitness program.



STEP #7 Develop Running Relationships

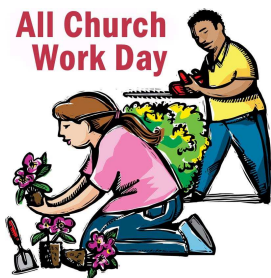
Studies indicate that those who undertake a health and fitness program are more likely to “stick with it” long-term when they have the

support and accountability of a friend. When two friends share a common bond of faith, fitness times can also be faith-building times. Walking or running with a prayer partner will strengthen both of you physically and spiritually.

Would you like to enjoy greater physical fitness this spring? Try these seven steps for the health of it. But please remember one more thing: Go easy on the mayo.

Grace and peace,
Pastor Gary Bruland

All Church Work Day



Let's Make Our Church Shine!

A Trustees-led, all-church work morning will be held on **Saturday, May 6, 2017**, from 8:00 a.m. until 11:30 a.m. Your help is needed to make our church “shine” from top to bottom, inside and out! Sign up on your bulletin insert to indicate to our Trustees your willingness to serve.



Join Us!

... for this special event in May!



May 21, 2017

Watch your Sunday bulletin for more details to come!



A Message From the Diaconate

Fundamental and Liberal Doctrine



by Deacon Hilary Art Nixon

True believers have always held to the plenary inspiration of the Bible. This means God's Word is fully given by God and is without error in the original autographs (2 Tim 3:16). Beginning in the 1850's, Liberal theologians began to control European Seminaries. By 1910 Liberals began to take over American Seminaries. They sowed the seeds that have led to unbelief in the veracity and authority of the Bible. Today society runs to sex; yet God's Word says, "Flee fornication" (1 Cor. 6:18). God's holy matrimony is perverted to include lesbian/gay relations (Lev 18:22). Abortion is considered a choice instead of murder. (Abortion equivalent in Old Testament days had people kill their child at Molech's altar. See Leviticus 20:2-5).

Doctrine does not save; but it helps us understand, live for, and "worship God in spirit and in truth" (John 4:23). The Apostles' Creed is a concise historic affirmation of the Apostles' teaching. ***"I believe in God the Father Almighty, Maker of heaven and earth, And in Jesus Christ his only Son our Lord; who was conceived by the Holy Ghost, born of the virgin Mary, suffered under Pontius Pilate, was crucified dead and buried; he descended into hell; the third day he rose again from the dead; he ascended into heaven, and sits on the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the holy catholic church, the communion of saints, the forgiveness of sin, the resurrection of the body and life everlasting. Amen."*** ("Catholic" refers to the universal or entire Christian Church. "Quick" means living.) In the 1900's American Liberal theology denied the Virgin birth, Bodily resurrection, Inerrancy of scripture, Miracles of the Bible, and Substitutionary atonement.

A fundamentalist affirms them all. (I use the acronym of VBIMS to remember them. Notice how many of these are part of the Apostle's Creed.) A Liberal professor harshly spoke: "IT IS RESURRECTION - NOT RESUSCITATION." Words can be tricky. Believers hear resurrection and think bodily resurrection; Liberals think otherwise. We really need the Holy Spirit to guide us into the truth and convict us of sin (Jn 16:8,13).

Consider the nature of our Lord Jesus, the Christ or Messiah. Dozens of heresies and perpetual combat against them continue to occur. Concisely stated: Jesus Christ is one Person (prosopon or hypostasis). Regarding His natures: He is fully God and fully human. The natures are not mixed or confused, not divided or separated. The Muslim Koran teaches: "They do blaspheme who say, 'Allah is Christ the son of Mary'" (Surah 5:72). Jehovah Witnesses also hold to his humanity and deny His deity. Consider the cross when Jesus breathed his last (Mk 15:37; Lk 23:46) and "yielded up his spirit" (Mt 27:50; John 19:30). In His humanity, "he was ... dead" (John 19:33). In his divine nature, our living God can not die.

In the 1600's, the Protestant Reformation protested against the authority of the Pope's teaching (e.g. indulgences and purgatory) and brought us back to the authority of God's Word. Alas the Counter Reformation (which includes the Anabaptists - the re-baptizers) went too far in saying, "No creed but the Bible." That is why they don't recite the Apostle's Creed. Ironically we believe it, while Liberals who recite it look at it as historic faith but deny it is true today.

The Bible is not a systematic theology. Therefore we allow God's Word to change the understandings we hold dear. For instance, "Jesus ... might taste death for everyone" (Heb 2:9) forced me into the Amyraldian camp where Christ's death is sufficient to save all people, but it is effective only for the "many" (Is 53:11) that is those that believe (John 3:16,36).

We do not worship the Bible; it is not revered as a paper Pope. Instead we thank God for His inerrant word and allow His Spirit to write in into our lives (Jer 31:33). Do you allow God's word to be true and authoritative over your thoughts, your theology, and your life?

From the Mission Board

2017 One Great Hour of Sharing

The 2017 One Great Hour of Sharing offering theme is "You Are Here" based on Matthew 25:35:

"I was a stranger and you welcomed me..." People who have been helped by OGHS frequently say "you were here" after the flood, the earthquake, the fire. This shared offering allows the church to show up and be there when people are in need — in times of crisis and in times of calm. Because OGHS works with congregations and organizations that are on the ground, with deep roots in affected communities, we can be present quickly — *and* stay for the long-term. This means that after the news cycle has moved on, you are still there, helping people rebuild their lives.

This important offering will be received at WSBC from **Sunday, April 30**, through **Sunday, June 11, 2017**. Our goal is **\$6,000**. Thank you for giving!



CAMP HILL MEMORIAL DAY PARADE OUTREACH

If you are in town on **Monday, May 29**, why not join the Mission Board at WSBC for the Camp Hill Memorial Day Parade? The parade starts at 9:30 a.m., so we will begin setup in the front lawn at 8:30 a.m. If you can bring a dozen cookies, please do so. We will have a table with refreshments and lemonade to hand out, and will open the church rest rooms for public use. So come and enjoy the parade with us and meet / greet our Camp Hill neighbors. Let's make a good impression with those we want to invite to worship the Lord with us on Sundays.

It's time for CAPC's Baby Bottle Blast!

To support the work and vision of the Capital Area Pregnancy Centers, we will again be participating in the Baby Bottle Blast campaign kicking off on **Sunday, May 7**, and concluding on **Father's Day, June 18**. We would like every family to pick up at least one baby bottle on the 7th. Please fill it with spare change/bills (checks are great, too) and return it by Father's Day. Also, remember to pray for moms, dads, and their unborn children during this time.



Compassion International at WSBC Sunday, May 14

The Mission Board at WSBC has designated **Sunday, May 14**, as Compassion Sunday. Come hear more about the work of Compassion International and consider sponsoring a child. Information will be available at the Mission Board table in the foyer.



Anniversaries:

19 Richard & Ann Loucks
 23 Rev. Clyde & Marilyn Ross
 25 John & Sheri Conner
 31 Martino & Lindsay Neve

Birthdays:

4 Eryn Frischkorn
 8 David Hill
 9 Michele Miller
 10 Judy Brouse
 11 Bill Neubaum
 Micah Waring
 13 Monica Carpenter
 14 Philip Kowalczyk
 15 Alice Chin
 18 Logan Waring
 21 Inez Mitchell
 22 Frank Strock
 23 Carol Whitcomb
 25 Milan Vulich
 27 Jena Myers
 29 Mary Miller



Childcare Schedule



DATE	NURSERY 9:00 AM	NURSERY 10:30 AM
May 7	Jayne Metz Kristin Born	Linda Fleming Lisa Fleming
May 14	Ida Rhone Kim Mankey	Edie Kennerly Mary Hartman
May 21	Cheryl Montgomery Judy Brouse	Gayle Campbell Becky Gentzler
May 28	Rose Sleboda Patty McCown	Stephanie Brengel Kyle Brengel

Note: Scheduled nursery workers and children's Sunday School teachers are asked to arrive in their designated rooms **10 minutes** ahead of schedule. If you are unable to make your assigned Sunday, please attempt to switch with another volunteer and let the church office know. Contact Dawn Strock, at 796-9257, if you are unable to meet your obligation.

Happenings and Highlights



Advisory Council Meeting

The Advisory Council will meet on **Tuesday, May 2**, at 6:30 p.m. in Room G-2

Missions Board Meeting

The Missions Board will meet on **Monday, May 8**, at 6:30 p.m. in Room G-4.

Board of Trustees Meeting

The Board of Trustees will meet on **Monday, May 8**, at 6:30 p.m. in Room G-2.

Board of Christian Education Meeting

The Board of Christian Education will meet on **Tuesday, May 9** at 6:30 p.m. in G-2.

Diaconate Board Meeting

The Diaconate Board will meet on **Tuesday, May 16** at 6:45 p.m. in Room G-4.



Men's Breakfast Fellowship

The next meeting of the Men's Breakfast Fellowship will be at 8:00 a.m. on **Saturday, May 20**, at Bob Evan's Restaurant off of Limekiln Rd. on Sheridan Drive in New Cumberland. All men are invited!



Ladies Breakfast Fellowship

The next meeting of the Women's Breakfast Fellowship will be at 8:00 a.m. on **Saturday, May 20**, at Perkins Restaurant on Erford Rd. in Camp Hill. All women are invited! Please sign up on your bulletin insert.



Faith In Action

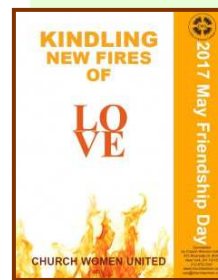


The Faith in Action LIGHT Team will meet on **Tuesday, May 2** at 9:00 a.m. to do general building and grounds maintenance. If you would like to join them, contact Ken Whitcomb at (717) 732-0348.



Deadline for June UPDATE

The deadline for the submission of articles and announcements for the June UPDATE newsletter is **Monday, May 22**. You may forward your input to Bonnie Prior via hard copy or by email to b.prior@wsbc.org.



CWU May Friendship Day Friday, May 5

The Church Women United May Friendship Day is **Friday, May 5**, at Zion Evangelical Lutheran Church in Penbrook, at 2730 Booser Ave. This year's theme is "Kindling New Fires of Love." The program begins with registration at 9:30 a.m. and concludes at 11:30 a.m. Donna K. S. Benson with Children's Disaster Services will be the speaker. For more information or to make arrangements to attend the program, call Gayle Campbell at (717) 774-4186 or email her at gpcamp@verizon.net.

Happenings and Highlights



A Celebration of Ministry!



On Sunday, June 25, everyone is invited to a special celebration honoring the faithful ministry and service of Pastor Gary and Esther Bruland. We want to show our deep appreciation for the many Godly ways they've both served our church over the past twelve years. Plan to join us for a delicious catered luncheon that day, and please watch your bulletins for more details to come!

"And now, friends, we ask you to honor those leaders who work so hard for you, who have been given the responsibility of urging and guiding you along in your obedience. Overwhelm them with appreciation and love!"

1 Thessalonians 5:12-13



Lamb Award Recipients

April 23, 2017



Pictured left to right: Pastor Gary Bruland, Douglas Hill, (Moderator) Esther Bruland, Judy Brouse (co-chair of C.E. Board), and Rebecca Gentzler (co-chair of C.E. Board).

Directory

UPDATE

Email Address Update:

Shirley Wall
slwall502@gmail.com

Address Update:

Veronica Lopez
1701 N. Lois, Unit 488
Tampa, FL 33607

Address Update:

Sairam & Stephanie Babu
174-19 Crocheron Ave.
Apt. 53
Flushing, NY 11358

Esther Bruland

was recently honored with a LAMB award at the 2017 First Quarter Meeting. Esther received her award from the Christian Education Board for her many years of faithful teaching and leadership.

Carolyn Frischkorn

(who was unable to be present) was also honored with a LAMB award from the Christian Education Board for her many years of faithful teaching and leadership. Congratulations ladies!

From the Christian Education Board

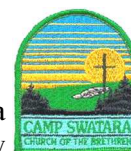
Children's Easter Activities on Palm Sunday, 2017



Christian Educator Appreciation Sunday **Sunday, May 14**

WSBC's Christian Educators will be recognized during both the 9:00 a.m. worship service and the 10:30 a.m. LifeHouse service on Sunday May 14.

2017 Programs at Camp Swatara



The 2017 Camp Swatara Calendar of Events is now listed on the Youth bulletin board in the foyer. Look over the excellent summer schedule of camping ministries, as well as other great events throughout the fall and winter. Camp Swatara is located at 2905 Camp Swatara Road, Bethel, PA. For more information, call the camp at (717) 933-8510 or email info@campswatara.org.

WSBC/Baldwin Student Scholarship Fund

The WSBC/Baldwin Student Scholarship Fund seeks to grant modest financial assistance to student members of the congregation or regularly -attending students engaging in undergraduate, graduate, or specialized training in higher education. Applications may be picked up at the church office beginning **Sunday, May 7**. These applications are due to the church no later than **June 11, 2017**. Students will be notified of their acceptance by August 6, 2017.



Graduate Recognition Sunday



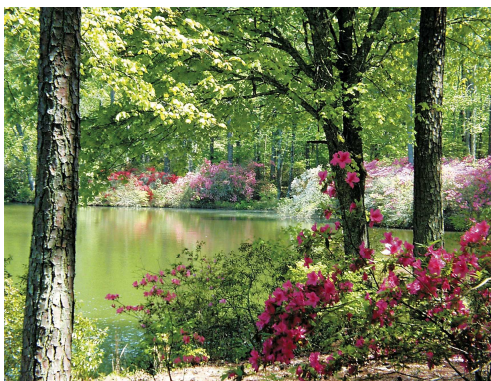
Class of 2017 graduates will be recognized in both services on **Sunday, June 4**, by the Board of Christian Education. Graduates, please send the following information to Bonnie Prior in the church office no later than Sunday, May 28: **Full name, digital photo of yourself (if so desired), school you are graduating from, and future plans.** Please indicate which service you plan to attend. Thank you!

From the Christian Education Board



Children & Youth Ministry From Pastor Greg

With the month of May comes the delightful changes of springtime. The beauties of flowers, the newness of life, and the songs of birds all seem to lighten the moods of everyone around us. The warmth of the glowing sun tends to melt away the residual cold and drab effects of a long winter. Suddenly, what appeared to be dead, is now alive! Trees regain their leaves, daffodils begin to bloom, and grass begins to grow afresh. How delightful these sights are to everyone who is given the grace to behold their splendor! What man, in his right mind, could gaze at these beauties and not marvel? Even the most carnal unregenerate mind acknowledges the loveliness of these wonders. If the unregenerate acknowledge the grandeur of God's creation without knowing God, how much more so should we who know Him personally? How often do we, in looking at some magnificent creation, then turn our hearts heavenward in worship of its Creator? To behold the sun, moon, stars, grass, trees, birds, flowers, or any other part of creation, is to hear them scream with all their might, "I am here for a reason! I display not my own beauty, but the infinite beauty of my Creator!" The sun shines, the grass grows, the birds sing, and the flowers bloom to put on display the beauties of our triune God. The universe is a dazzling theater, and God is the only entity on display. I wonder, how acutely are we aware of this? How frequently does seeing the brilliance of spring stir our hearts to worship? Every second of our day, we are being bombarded on every side with glorious revelation of our God. How will you respond?



Flowers appear on the earth; the season of singing has come . . . *Song of Songs 2:12*



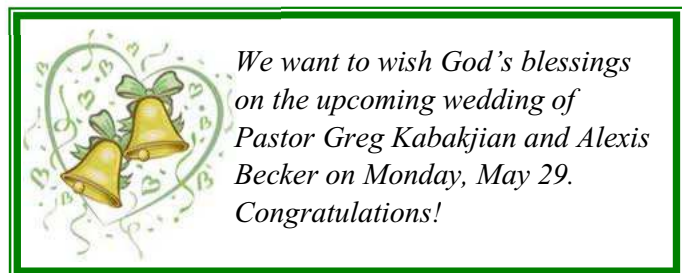
MAY EVENTS

- 4**—Children's Building Event (6-8:30 p.m.) in Fellowship Hall
- 6**—All-Church Work Morning (Children & Youth Welcome!)
- 7**—Children's Get-Together (6-8:30 p.m.) in Fellowship Hall
- 7**—Youth Hangout (6-8:30 p.m.)
- 20**—Youth Hike to Pole Steeple (10:00 a.m. meet at church parking lot)

Soli Deo Gloria,








Pastor Greg Kabakjian

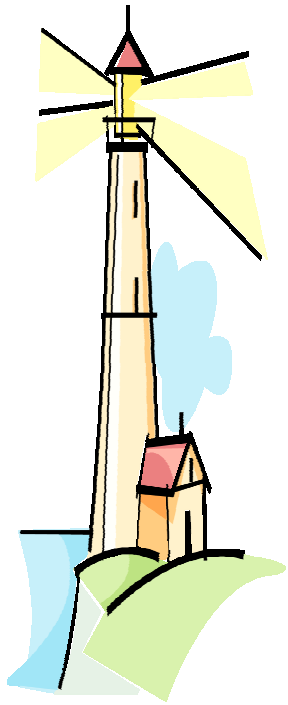


We want to wish God's blessings on the upcoming wedding of Pastor Greg Kabakjian and Alexis Becker on Monday, May 29. Congratulations!

Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9am - Christian Ed Classes</p> <p>9am - Traditional Worship</p> <p>10am - Children's Choir @</p> <p>10am - Coffee Cafe</p> <p>10:30am - Christian Ed Classes</p> <p>10:30am - LifeHouse Worship</p> <p>11:45am - LifeHouse Band</p> <p>11:45am - Prayer LIGHT Team @</p>	<p>6pm - Ressler Small Group @</p> <p>7pm - Beacon Bell Ringers @</p>	<p>9am - Faith In Action</p> <p>6:30pm - Advisory Council</p>	<p>7pm - Sonshine Singers</p>	<p>6pm - Children's Building Event</p>	<p>9:30am - CWU May Friendship</p>	<p>8am - All-Church Clean Up</p> <p></p>
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<p>9am - Christian Ed Classes</p> <p>9am - Traditional Worship</p> <p>10am - Children's Choir</p> <p>10am - Coffee Cafe</p> <p>10:30am - Christian Ed</p> <p>10:30am - LifeHouse V</p> <p>11:45am - LifeHouse Band</p> <p>11:45am - Prayer LIGHT Team @</p>	<p>6pm - Ressler Small Group @</p> <p>7pm - Beacon Bell Ringers @</p> <p></p>	<p>6:45pm - Diaconate Board Mtg @</p>	<p>2pm - Remembrance Service @</p> <p>7pm - Sonshine Singers</p>	<p>8am - Ladies Fellowship</p> <p>8am - Men's Fellowship</p> <p>10am - Youth Hike @ Pole</p> <p></p>		<p>8am - Ladies Fellowship</p> <p>8am - Men's Fellowship</p> <p>10am - Youth Hike @ Pole</p>
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May 2017



***West Shore Baptist Church
seeks to be a
L.I.G.H.T. to our Community by...***

L*oving God* in celebrative worship in order to *magnify* His wonderful name

I*nviting Friends* and sharing a caring witness as part of our life *mission*

G*rowing Together* in uplifting fellowship encouraging faith and church *membership*

H*elping Others* and empowering growing disciples to engage in God-shaped *ministry*

T*eaching Truth* and equipping disciples to develop Christ-like spiritual *maturity*

West Shore Baptist Church
2025 Market Street
Camp Hill, PA 17011

SUNDAY SERVICES:

Traditional Worship — 9:00 AM
Christian Education Hour— 9:00 AM
Fellowship Time—10:00 AM
LifeHouse Worship — 10:30 AM
Christian Education Hour— 10:30 AM

We're on the web!
Visit: www.wsbc.org