

August 2, 2026

centralbaptist
fountain city



From Your Pastor

What are you thinking about?

Recently, researchers from Claremont University in California collaborated with Wuhan University in China to explore what people think about.

They conducted a study that involved 258 volunteers, ranging in age from 19 to 71, who downloaded an app that beeped at eight random times each day for two weeks. When the app beeped, participants were asked to record their thoughts, describe what they were doing, and rate their happiness level.

After gathering more than 23,000 real-time responses, researchers observed that people's thoughts flowed with the rhythms of the day, steered by work during the day and entertainment and relaxation in the evening. They observed that about half of people's thoughts were intentional, while the other half consisted of intrusive or unintentional thoughts resulting from mind wandering or reminders.

Roman emperor and philosopher Marcus Aurelius said, "The happiness of your life depends on the quality of your thoughts." These researchers concurred and found that what people thought was more predictive of their happiness than anything else they observed.

This study reminds me how important regular meditation on Scripture and reflection on the things of God can be for the Christian. God will use these practices to shape our thoughts and our lives.

In Psalm 19, David prayed it this way: May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Blessings,
Ande



Ladies of Central Baptist Church,
you are invited to join us as we
celebrate the upcoming marriage of

Keira Molder & Andrew Myers

(son of Ande and Michelle)

Sunday, August 9, 2026

2-4PM

Fellowship Hall

We hope you will join us for a
drop-in gathering as we shower the happy
couple with love and heartfelt wishes.

Your presence is the greatest gift of all.
However, if you would like to contribute further,
a gift card from a store near their home enclosed in
a greeting card with your blessings will fit perfectly
in their car for the trip home!

Stores near their home in Lexington, KY are:

Kroger, Walmart, Homesense, Hobby Lobby,
Home Depot, and Amazon

Hosted by friends of the family

Weekly Opportunities

Sunday School

Sundays at 9:45 am

There are Bible study classes for all ages!

Visit cbcfc.org/about/sunday-school/ for a list of classes.

Media Center

Come take advantage of the resources your church library has to offer! Open Sundays 8:30am - 10:35am

Wednesdays 9:30 am - 12pm; 2pm - 4pm

Family Life Center

Monday, Tuesday and Thursday | 8am – 8pm

Wednesday | 8am – 2pm and Friday | 8am – noon

The fitness calendar can be found on our website at

cbcfc.org/calendar/fitness/

Wednesday Night for Adults

Adult Choir Rehearsal 6:15-7:30pm Music Suite

Devotion with Ande Myers. 7pm Facebook

Preschool Worship Workers

Aug. 2 8:45 - Mike and Janet McConkey

10:45 - Amy Wilburn, Avery Wilburn, Cheyenne Duffy,
Turner Duffy

Aug. 9 8:45 - Mike and Janet McConkey

10:45 - Melinda Waddell, Diane Johnson, Janet Ault, Martha Johnson



answering the call
GOD.COMMUNITY.FUTURE. cbc

Answering the Call Update July 28, 2026

Commitments as of July 28:	\$2,867,602
Number of Families with Commitments:	160
Commitments & Contributions Received:	\$1,538,746

Funds on Hand

Answering the Call & Building Funds:	\$2,925,817
Weekday Education Funds	\$1,203,274
Total Funds on hand for projects:	\$4,129,092

Family Info

Home from the hospital

Barbara Cummins

A thank you note from Kristi Pendley & family has been received and is on the bulletin board outside the FLC.

"Lest We Forget"

The past several weeks have marked an exciting—and somewhat challenging—period in the life of our church. Plans for the sanctuary renovation were submitted, approved, and work is now underway. A financial goal was established to fund these improvements and other important projects, and through the generosity of our church family, that goal was not only met but exceeded. These are encouraging signs of God's faithfulness and the bright future before us.

As we celebrate these blessings, we must also remember our ongoing commitments to our regular budget and mission giving. As you may have noticed, our church has been promoting the **Summer Missions Offering**. To date, we have not yet reached half of our \$15,000 goal.

This offering supports the Golden Offering for State Missions (SBC), the Volunteer State Missions Offering (CBF), the Fountain City Ministry Center, Family Promise, and the ToyStore. Each of these ministries provides meaningful opportunities to share Christ's love and serve others. Please prayerfully consider giving in support of these important mission efforts—**"Lest We Forget!"**

Weekly Record

	<u>Required</u>	<u>Received</u>	<u>Last Year</u>
7/26/26	\$31,730.77	\$19,692.74	\$33,382.67
YTD	\$1,364,423.08	\$1,236,746.45	\$1,232,439.36
Summer Missions Offering Goal:	\$15,000		
Given to Date:	\$6,236.54		
Worship	8:45am - 100		
	10:45am - 257		
Sunday School	239		

Central Baptist/Central High School Partnership

The Central High School Partnership will be serving a back-to-school breakfast to the faculty and staff at Central on **Monday, August 3, 2026**. The breakfast will consist of sausage balls, pigs-in-a-blanket, breakfast casserole, muffins, cinnamon rolls, fruit, juices and coffee. We appreciate your support through helping to provide food for the breakfast, donations, serving at the event and prayer.

Please feel free to contact Judy Weber, Denise Brown or Debbie Crowder if you have any questions or want to help out: dcrowdtrn@outlook.com

Upcoming Events



Inasmuch Day Saturday, August 15

We have Inasmuch Day projects for everyone of all gifts & abilities. If you can garden, clean, weed, collect/pack/give away food, pray, pack a care bag, make a casserole, give, ring, visit, sing, donate, build, check cars, wash, paint, make a blanket, or fix a lunch - the least of these in our community need you and you'll have fun too!
Sign up by midnight August 9: cbcfc.org/signup

LIFE Kickoff Cookout

Wednesday, August 19
6-8pm
Volleyball Court



CBCFC Kids, Youth, & Families –
Join us for food and games for everyone!

Senior Adult Outing to Cumberland County Playhouse



Tuesday, August 25

Meet in FLC at 10am
Lunch: Cracker Barrel before the show
Cost: \$35 payable to CBCFC
Return: Around 7pm
Sign up: Call Debbie in church office:
865-688-2421

Wednesday night
LIFE
returns
August 26!

KIDS (PreK*-5th Grade):
6-7:30pm

*Must be 4 by 8/15/26

YOUTH (6th-12th Grade):
7-8:30pm

Contemporary Worship

8:45 a.m.

Welcome

Call to Worship *Again and Again*

Praise & Worship *Chain Breaker*
Made For More

Message *Joshua Renews the Covenant* Rev. Ande Myers
Joshua 24:14-15

Benediction *What He's Done*

New to CBCFC? We'd love to meet you!

Scan the QR code, fill out the contact form,
and someone from the ministry
team will reach out soon.



Classic Worship

10:45 a.m.

Welcome to Worshipers

Rev. Ande Myers

Fellowship Chorus *You Are My All in All*

arr. Harlan

Congregational Singing

Worthy of Worship

Glorify Thy Name

Choral Worship *And the Father Will Dance*

Hayes

Congregational Singing

Great Is Thy Faithfulness

arr. Harlan

Scripture Reading *Choose This Day*

Joshua 24:1-15

Congregational Singing

Christians, Let Us Go and Serve Him

Offertory Prayer

Bill Rosenbalm

Offertory *All Creatures of Our God and King* arr. Ijames

Bill Robinson, violin & Martha Robinson, piano

Message *Joshua Renews the Covenant* Rev. Ande Myers

Joshua 24:14-15

Hymn

I Surrender All

Benediction

