



January 2012



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We're on the web!

www.beechstreetfbc.org

Calendar of Events

January

5	Thursday	Sr. Adult Council	9:00 AM
12	Thursday	TANG JoyTimers Practice	10 :00 AM 1 :00 PM
17	Tuesday	Senior Adult Lunch/Movie	11:00 AM
19	Thursday	JoyTimers Sing at The Gardens Lunch at Big Jake's	10:30 AM
26	Thursday	JoyTimers sing at Windsor Cottage Senior Adult Dinner-Ol' Feed House	10:30 AM 5:00 PM
29	Sunday	JoyTimers Sing at Traditions	8:15 AM

February

2	Thursday	Sr. Adult Council TANG JoyTimers Practice	9:00 AM 10:00 AM 1:00 PM
9	Thursday	JoyTimers Sing at Bailey Creek	10:30 AM
16	Thursday	JoyTimers Sing at Waterton Plaza Lunch at TaMolly's	10:30 AM
23	Thursday	JoyTimers Sing at Reunion	10:30 AM
26	Sunday	JoyTimers Sing at Traditions	8:15 AM

Beech Street Salt

Senior Adults Leading Together

Richard's

WE BOW DOWN
Psalm 95:6

O come, let us worship and bow down: let us kneel before the Lord our maker.

Ever think about bowing down to someone? You know the tip of the head, the bend at the waist, the lowering of the head to someone or something? We don't see that much here in America, but in other countries you see it done quite often.

Here, we are a strong people, we stand erect, we shake their hand and we look them straight in the eye. But do we give reverence to someone with a bow? Nope. We might address who they are with a title, a complement or a slap on the back, but to reverence someone with a bow, don't think so.

Since we are talking about this, how about a kneel? Do you see anyone kneeling to someone else? Remember, we are a strong and erect, shake their hand and look them straight in the eye type people. Besides, we might miss them if we are kneeling. To kneel is to fall or rest on a bent knee or knees.

Being from Arkansas, we don't bow or kneel to anyone that I know of. If a high ranking dignitary came here today, we would stand tall, strong, and look him straight in the eye and shake his hand.

What about our prayer closet? We talk to a person there that is more important than any dignitary we could ever meet. He knows us, and we know Him. We meet Him there every day and how do we address Him? Straight and tall, strong and erect, stick out our hand and look Him straight in the eye? No! We need to bow to Him and we need to kneel to Him and we need to lower ourselves to our God. Why, you ask? Because that is what He wants. He wants our worship of Him, and our position of our body tells Him of our feelings towards Him and our position towards Him and our love towards Him.

O come let us worship and bow down, let us kneel before our Lord. We bow down, before Him, We bow down and worship Him!

Reflections

SUNDAY NIGHT SCHEDULE

January 1	Green Night
January 8	Chapel Worship
January 15	Chad Hughes—In View of a Call
January 22	Chapel Worship/Faith Works
January 29	Chapel Worship/Faith Works
February 5	Green Night
February 12	Chapel Worship/Faith Works
February 19	Chapel Worship/Faith Works
February 26	Green Night



ANNOUNCEMENTS

- Things are going good for our TANG sponsored food pantry we have on hand when a member of the church has a need for these items. Please continue to bring your canned goods to TANG and they will be stored and distributed as the need arises. If you know of a need, then contact Bro. Richard or Barbara Hodnett. The items we had in the pantry last month was used for a good need and God was glorified when the need arose and Beech Street was able to fill it.
- On Tuesday, January 17th, we will have a lunch and a movie sponsored by the Senior Adult Council. We will have a sandwich tray, chips, a drink and a movie for \$3.00. Please bring some type of finger dessert such a cookies. We will start eating at 11:00 A.M. and movie to follow. This will all take place on the 3rd floor of the education building. The movie will be seen in the Adult 6 Couples class and we will have our meal on the 3rd floor landing. If you plan to attend, sign up sheets will be in the Small Group trays. Come for some good fellowship and enjoy a movie in the process.

CARE CORNER

Symptoms of Age-Related Macular Degeneration

What Are the Symptoms of Age-Related Macular Degeneration?

In its early stages, age-related macular degeneration may not have symptoms and may be unrecognized until it progresses or affects both eyes. The first sign of macular degeneration is usually distortion of straight lines. This may progress to a gradual loss of central vision.

Symptoms of macular degeneration include:

- Straight lines start to appear distorted, or the center of vision becomes distorted
- Dark, blurry areas or white out appears in the center of vision
- Diminished or changed color perception

If you experience any of these symptoms, see an ophthalmologist as soon as possible.

When to Seek Medical Care for Macular Degeneration

For age-related macular degeneration, you should see an ophthalmologist (a medical doctor who specializes in eye care and surgery).

- In general, people older than 45 years should have a complete eye exam and then follow-up exams every two to four years.
- People with age-related macular degeneration should check their vision daily and promptly notify their ophthalmologist of any changes in their vision.

It's very rare that a person must go to a hospital for macular degeneration problems. Because of the specialized nature of eye exam equipment, macular degeneration problems are usually handled best in the ophthalmologist's office.

If you notice a sudden decrease in vision in one or both of your eyes and you cannot reach your ophthalmologist, go to the hospital's emergency department. Timely treatment of early wet age-related macular degeneration can prevent further visual loss.

Visual symptoms and/or eye pain may not be symptoms of age-related macular degeneration. You may need prompt diagnosis and treatment of a different eye condition.