



### *From the Pastor:*

Dear Church Family,

Sunday was a good day! Our congregation has been blessed with 51 years of ministry in Burlington and it was good to observe such a milestone.

It was also a good day because it was a full day of Sabbath blessings.

The Lord's Day is a wonderful gift from the Lord. It gives us the opportunity to rest, worship, fellowship, feed on God's Word and more.

Our Puritan ancestors often called Sunday the "market day of the soul". It was and is a time for us to enter God's house where there is plenty available to us to fill our souls, scratch our spiritual itches and refresh our supply for yet another week of life.

Someone mentioned after Sunday evening service, "This sure was a full day. A good day!" It was for this person, as I am sure it was for others, a "market day of the soul".

We can't replicate a Sunday like we just experienced every week. It would be a lot of work on just a few. But you can work to make every Sunday special! Let me explain by offering several suggestions for making Sunday a market day for your soul:

Make Sunday special again. I can remember in my younger days when Sunday was Sunday. Blue laws were still in effect in some respects. You bought gas on Saturday. The shopping centers were closed. There were not quick runs to the grocery store. Sports were played on Saturdays. Families worshipped together. Sundays were days that normal life stopped - there was true Sabbath, real cessation, not much wiggle room. The day is no longer special. It's certainly not the Lord's Day. No, at best it's the Lord's Hour. This does not have to be so for us!

Get ready for Sundays on Saturdays. If you want a sure-fire way to ruin Sunday - and Satan knows well how to play off of your lack of preparedness - roll out of bed unprepared. You'll have a good dose of frustrations, missing buttons, dirty dress shirts, ties won't knot just right and more. Instead, lay out your clothes. Put your Bible by the door. Locate your keys. Read through the bulletin (they're posted online each Wednesday).

Show up early and stay afterwards. Greet the saints. Have a cup of coffee in the Fellowship Hall. Make conversation every week with someone or a family you don't know well. Broaden your relationships within the congregation. Don't always sit in the same place (now I'm really messing with your Presbyterian heads!).

Invite someone to lunch. No doubt you have lunch plans of sorts. Maybe make it a goal to begin by including others in your lunch plans once per month. You can extend the fellowship and conversation of the day.

Make effort to keep Sundays quiet. Utilize your DVR for delaying television shows, take a rest from social media, put your smart phone in a drawer so that you get a break from its incessant alerts.

Talk with someone over the Sunday School lesson, converse about the challenges presented in the sermon, make mention of a meaningful hymn. Let the ministry of the day linger on in your conversations.

Do things you don't ordinarily do on others days: visit a homebound member, take a nap, be hospitable.

God in his wisdom has built in rest for every man. We sleep at night and wake up for another day. Every seven days, He grants us a 24-hour break from life. We should use this break well. God's Sabbath law is found in the fourth of the ten commandments and we find it listed in the table regarding how we relate to God. He desires your attention. Give Him one whole day in seven as an act of reverence, obedience and worship.

These are some ideas on ways to make Sundays Sunday again. Let's take back our Sundays. You'll be so refreshed and blessed. And you'll be ready for heaven - an eternity of Sundays!

I hope to see you this Sunday as we worship the Lord together. Remember that during the 9:45 Sunday School Hour in the Fellowship Hall we will hear from guest Betty Stevens about Operation Christmas Child. During worship, we will consider Hebrews 12:4-17 together and participate in the Lord's Super. At our 6 PM evening service we will sing, pray and consider the Fruit of the Spirit is...patience.

Come this Sunday and be filled full for the week ahead!

## PIEDMONT RESCUE MISSION

Greater Vision Banquet - 6 PM on Thursday, October 13 with special guest speaker Josh McDowell. Please let Glenn Owens know ASAP if you'd like to be a part of the First ARP Church tables.

### MEN'S BOOK STUDY OPPORTUNITIES

**Men's Lunch** will meet to discuss Chapter 9 of Masculine Mandate on Monday, October 3 at Noon at Southbound Sandwich Works.

**Men's Evening Gathering** will meet to discuss chapter 6 of Masculine Mandate on Thursday, October 6 around a fire pit out in the church field - weather permitting & bring a chair!

### WOMEN'S BIBLE/BOOK STUDY OPPORTUNITIES

Wednesday Ladies **Weekly Bible Study** meets in the Conference Room at 11 AM to study Galatians for You by Timothy Keller.

**Evening Book Study** for all ladies in the church will be held at 7:00 PM on Tuesdays, October 18, November 8 and December 13 - our study book will be The Envy of Eve by Melissa Kruger.

### CHURCH WORKDAY

A Church Workday is scheduled for Saturday, October 8 at 9 AM. Projects include indoor and outdoor chores. Speak to Deacons Glenn Owens or Stephen Robinson if you have questions.

### UPCOMING EVENTS

Invite someone and join us on the church lawn at 4 PM on Saturday, October 15 for BBQ and Music provided by Sue and Jeff Holt and friends

The next 5th Sunday Hymn Sing and Social will be at 6 PM on Sunday, October 30.

### OPERATION CHRISTMAS CHILD

During the Sunday School Hour - 9:45 AM on Sunday, October 2, we will have guest Betty Stevens. She is the Area Coordinator for Operation Christmas Child and will speak to us about this international ministry and our participation in the work.

### Want to serve folks in our community?

We participate in Meals on Wheels locally and are in need of volunteers. Please consider partnering with Glenn & Margaret Owens and Gary Gregory in monthly deliveries. Our upcoming commitments are: October 24, 25; November 21, 22; December 19, 20. Speak to the Owens about serving - 336-269-3055.

## OCTOBER

### BIRTHDAYS

Kelli Ensley	10/2
Becky Sneed	10/7
Margaret Mann	10/8
Macon Baird	10/11
Ed Limon	10/11
John Harris	10/13
Anne Garner	10/14
Len Sneed	10/17
Jay Snow	10/19
Tammy Cobb	10/20
Matt Causey	10/22
Jay Christopher	10/24
Chuck Renegar	10/25

### ANNIVERSARIES

Macon & Katherine Baird (20)	10/12
Mark & Donna Vestal (22)	10/22
Mark & Amy Sanderson (31)	10/26

### DIRECTORY UPDATE

New address for Foy Evans:  
5819 Branchwood Road  
Raleigh, NC 27609

Phone: (336) 260-2444

### NURSERY WORKERS

We are in need of volunteers for our Nursery ministry. Please contact Vicki McPherson for more details. Vicki's email address is: vickimac@triad.rr.com.

### CALENDAR OF EVENTS AT FIRST ARP

#### October

- 2 Lord's Supper
- 3 Men's Lunch
- 5 Women's Bible Study
- 6 Men's Gathering
- 12 Women's Bible Study
- 15 Fall Festival/Pig Pickin
- 18 Evening Women's Book Study
- 19 Women's Bible Study
- 20 Stated Session
- 25 Young at Heart
- 26 Women's Bible Study
- 30 Fifth Sunday Hymn Sing and Social

#### Nursery:

Oct 2: \_\_\_\_\_  
Oct 9: Macon Baird & Carol Erb

#### Counter:

Oct 2: Steve Kyaw  
Oct 9: Stephen Robinson

#### Deacon Duty:

Oct 2: Stephen Robinson  
Oct 9: Glenn Owens

2250 Saddle Club Road, Burlington, NC 27215

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