

The Worship of God

January 31, 2016

Fourth Sunday after the Epiphany

THE GATHERING

But every morning of all our days

Is a serious cause for grateful praise.

And if God bids us press some more,

We'll try our best to be mature,

With never a grumble nor lament,

Just joy for the blessings God has sent.

ANNOUNCEMENTS OF THE CHURCH

PRELUDE *Lord Jesus Christ, Be Present Now* Georg Böhm

CHORAL INTROIT *The Savior's Wondrous Love* Freeman
Opening of the Bible Charlotte Pyle

CALL TO WORSHIP Kevin Brown

Leader: God's glory is pouring forth from the heavens.

People: Earth below receives the good news with great joy.

Leader: The promise is sure and true, that Jesus has come to show us the best ways to serve God.

People: By serving and caring for others, we truly serve God.

Leader: Come, let us prepare ourselves for joyful service.

People: Lord, make us ready for great service in your name.

HYMN NO. 16 *Give to Our God Immortal Praise* DUKE STREET
Lighting the Christ Candle

THE CHILDREN'S TIME

CHRISTIAN GREETINGS

OLD TESTAMENT LESSON Isaiah 61: 1-4

CALL TO CONFESSION

Minister: The Lord is good and forgiving.

People: God is love and is gracious to all who call upon him.

Minister: Let us trust in God as we make the confessions of our hearts.

MORNING PRAYER

ASSURANCE OF FORGIVENESS

Minister: Hear what the Lord proclaims: "The Spirit of the Lord is upon me."

People: We have been anointed to proclaim good news.

Minister: Friends, believe the gospel:

People: In Jesus Christ we are forgiven.

HYMN NO. 289 *Holy Spirit, Ever Dwelling* IN BABILONE

GOSPEL LESSON Luke 4: 14-21

ANTHEM *Come, Thou Fount* Courtney

SERMON *Today!* Dr. Ray Howell III

HYMN NO. 720 *Christ, Whose Purpose Is to Kindle* ODE TO JOY

OFFERTORY PRAYER Mark Lambos

OFFERTORY *Chime Prelude* Raymond Herbek

DOXOLOGY NO. 809 OLD HUNDREDTH

CHORAL BENEDICTION *Grant Us the Joy* Freeman

POSTLUDE *Trumpet Tune* Johann Fischer

Today's Lay Reader is Olivia Brown

Musicians for today's service

Beverly Khemlani - Organist Sanctuary Choir Dolly Skinner - Choir Director

Christian sympathy is extended to Emogene Thomas and family upon the death of her husband, Hayden "Buddy" Thomas on January 18 and to Barbara Humphries upon the death of her brother, Bill Glenn on January 26.

The flowers are given to the glory of God and in memory of Hayden "Buddy" Thomas by Emogene Thomas and family.

Winter Bible Study - *The Exodus*

Begins this Monday night (7:00 p.m.) and Tuesday morning (10:30 a.m.).

26th Annual Birthday Banquet

Wednesday, February 3 - 5:45 p.m. - Fellowship Hall

Adults: \$6.00 Children 12 and under \$4.00 Family Limit \$20.00

Tickets are now on sale and today is last chance to purchase.

Entertainment: The Bahama Mamas Steel Drum Band

Menu: Chicken Marsala, Creamed Spinach, New Potatoes, Spring Greens and Mandarin Orange Salad with Poppy Seed Dressing, Croissant, Cake/Ice Cream
Children: Chicken Tenders

Junior/Senior Chili Supper

Saturday, February 6 - 5:00 p.m. - Fellowship Hall

Call Sharon Palmer (798-1369) if you plan to attend and side dish you will be bringing.

MBCC Fundraiser - Valentine Luncheon

Friday, February 12 - 12:00 - 1:00 p. m. - FBC Fellowship Hall

Ham or Turkey Sandwich, Potato or Pasta Salad, Fruit Cup, Tea and Dessert

Cost: \$10.00 Adults \$5.00 Children

Tickets are on sale now for the annual MBCC Valentine luncheon fundraiser.

Silent Auction for Baskets opens Sunday, February 7 through Lunch Friday, February 12.

Financial Statements are on the hall table between the Sanctuary and Chapel.

Week's Schedule

Sunday, 1/31

9:00 a.m.	Sunday Morning Prayer Ministry	Conference Room
9:30 a.m.	Morning Coffee Gathering	2nd Floor Lobby
6:00 p.m.	Youth Snack Supper (Browns)	Children's Dining Area
6:30 p.m.	Middle & High School Youth	Attic/TBA
7:00 p.m.	Deacons' Meeting	Parlor

Monday, 2/1

1:45 p.m.	Frady/Johnson Mission Group	Conference Room
2:00 p.m.	Bernice Cross Mission Group	Fellowship Hall
7:00 p.m.	Winter Bible Study	Fellowship Hall

Tuesday, 2/2

10:30 a.m.	Winter Bible Study	Fellowship Hall
12:00 p.m.	Carolyn Phillips Mission Group	Yarborough's

Wednesday, 2/3

5:45 p.m..	Birthday Banquet (reservations required)	Fellowship Hall
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Extended Sessions:

January 31: **Bed Babies:** M/M Richard Baxley **Toddlers & 2 Year Olds:** M/M Bryan Lingerfelt **3 & 4 Year Olds:** Ray Nance Howell, Ethan Houser & Andy Killebrew

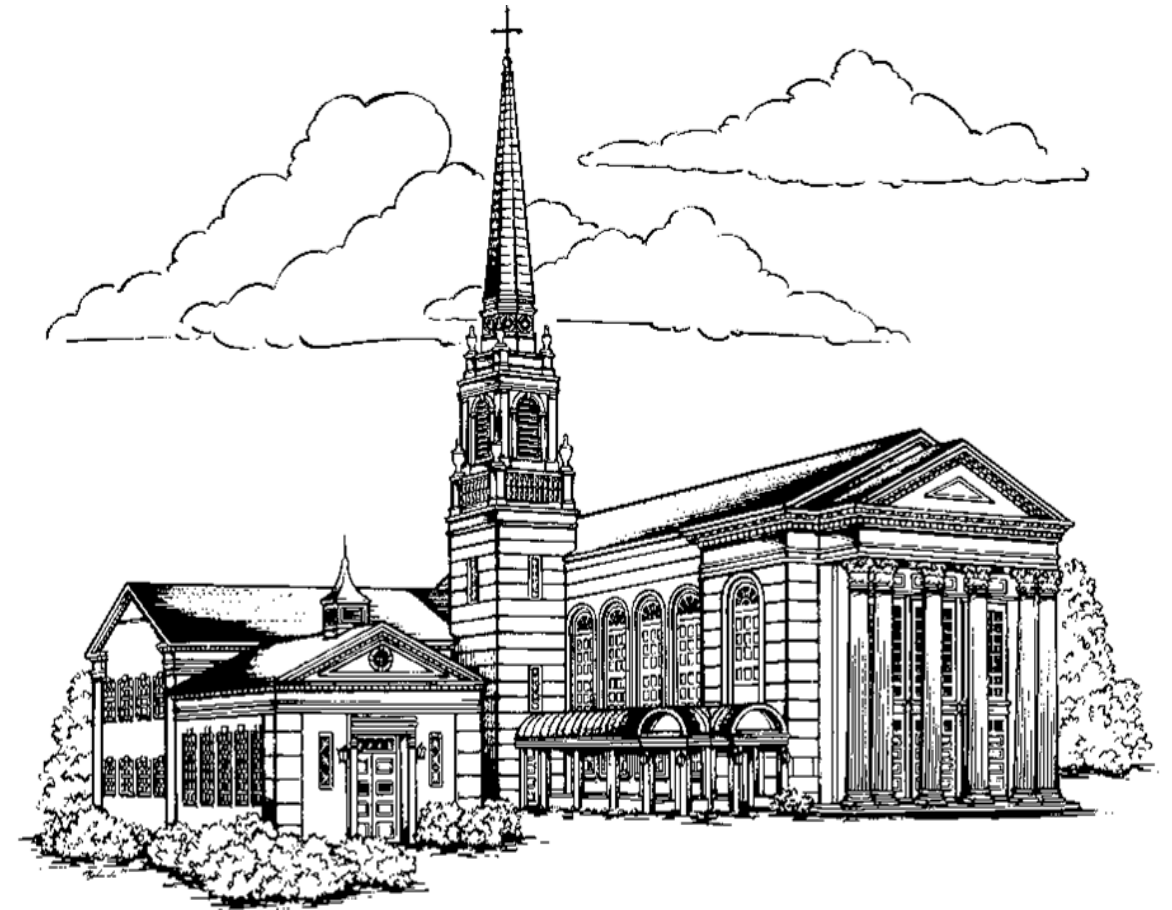
February 7: **Bed Babies:** Donna Routh & Wendy Walker **Toddlers & 2 Year Olds:** M/M Dale Lambeth **3 & 4 Year Olds:** M/M Dale Frank

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First Baptist Church Lexington, N.C.



RAY N. HOWELL III
Senior Minister

JEAN ASHLEY
Martha Best Children's Center Director

TOMMY WILSON
Associate Minister

PAUL FREEMAN
Minister of Music

FaithHealth Monthly Focus—Cholesterol

Cholesterol is a soft, fat-like substance that is found in all cells of your body. Your body needs cholesterol to function normally, but too much cholesterol can increase your chance of having heart disease. There are two types of cholesterol, LDL, or “bad cholesterol” that can build up in the walls of your arteries and form dangerous plaque. Then there is HDL, called “good cholesterol” because it carries bad cholesterol away from artery walls.

There are some important risk factors for high cholesterol that you cannot control: Your family history, age, gender (Younger men are more at risk but women have a greater risk after age 55) If you are a diabetic or have suffered from stroke, heart disease, or other vascular problem this will add to your risk.

The good news is that there are risk factors that you can control beginning with a healthy diet, regular exercise, no smoking, and weight loss. Regular physical fitness can raise your "good" (HDL) cholesterol levels and lower your levels of triglycerides.

The YMCA has a number of classes that are cardio and/or weight-lifting focused and even some that you can do from your chair, if you are just getting started with an exercise program. For more information, please contact Jen Fuller-Allen at jen@lexingtonymca.com.

It is important that you know your cholesterol numbers that are determined from blood work. Because your ideal cholesterol number may be different from others depending on your individual health, it is important to check with your doctor to determine the best strategy.

Recommended Healthy Levels (Age 2 – 18 Yrs)

	DESIRABLE	BORDERLINE	HIGH RISK
Cholesterol	Less than 170	171 – 199	200 or more
LDL Cholesterol	Less than 110	111 – 129	130 or more
HDL Cholesterol	More than 60	36 – 59	35 or less

Recommended Healthy Levels (Age 19+ Yrs)

Total Cholesterol				
Men's Range	Less than 180	180 – 199	200 – 239	240 or more
Women's Range	Less than 180	180 – 199	200 – 239	240 or more
HDL Cholesterol				
Men's Range	50 or more	45 – 49	35 – 44	34 or less
Women's Range	60 or more	55 – 59	40 – 54	39 or less
Total Cholesterol/HDL Ratio				
Men's Range	4.0 or less	4.1 – 5.0	5.1 – 6.5	6.6 or more
Women's Range	3.3 or less	3.4 – 4.5	4.6 – 6.5	6.6 or more
LDL Cholesterol				
Men's Range	100 or less	100 – 129	130 – 159	160 or more
Women's Range	100 or less	100 – 129	130 – 159	160 or more

Screening Recommendations

Bad Cholesterol Level	199mg or less	200mg or more
Screening Frequency	Consult your physician for specific screening guidelines.	A complete cholesterol panel is recommended. See your physician.

LDL (low density lipoprotein) = 'BAD' cholesterol

HDL (high density lipoprotein) = 'GOOD' cholesterol

Sources: National Cholesterol Education Program guidelines, 2010.