

SEPTEMBER 6, 2022

VOLUME 29 ISSUE 18

UHFBC Connections

MINISTERING AMONG THE ANXIOUS

PAGE 3

CONTENTS

HAVE YOU MET JENN?

Come by the office during the week and meet our new ministry assistant for pastoral and music ministries!



STAY CONNECTED WITH THE HAPPENINGS AROUND VHBC!

03 FEATURED ARTICLE

How is youth ministry adapting in this new age of anxious teens? Find out more from Tyler Johnson!

05 YOUTH & CHILDREN

What's coming up for children, youth, & families at VHBC?

06 WEEKLY SCHEDULE

What does a normal week look like at VHBC?

07 NEWS & EVENTS

Who's doing what? What's going where? Do you need to buy a new book?

08 WEDNESDAYS THIS FALL

We've got yummy dinners & great sessions every Wednesday at VHBC!

09 SPOTLIGHTS & WELCOMES

What's happening in the life of our church? Also, what can we look forward to this fall?

10 CONNECTED IN PRAYER

FIND VHBC ONLINE



WATCH RECENT SERVICES



IN TUNE WITH VHBC PODCAST



CONNECT



GIVE ONLINE SHELBYNEXT



STAY UPDATED



WWW.VHBC.COM

THIS WEEK AT VHBC

DEACON ORIENTATION THIS SUNDAY 11:15-1:30 IN THE FELLOWSHIP HALL

Our new 2022-23 deacon body will gather for lunch, our September meeting, and deacon orientation on Sunday, September 11th.

ANEW YOGA BEGINS THIS SUNDAY 3 PM IN THE YOUTH GYM

This fall we turn our attention - anew - to discipleship practices. Yoga is a practice that brings together our bodies, minds, and spirits. Practice Anew Yoga with Beth McGinnis starting this Sunday, September 11th at 3 pm in the youth gym.



2600 VESTAVIA DR.
VESTAVIA HILLS, AL 35216
205.979.5920
BRITTNI@VHBC.COM



FEATURED ARTICLE



MINISTERING AMONG THE ANXIOUS

By Tyler Johnson

DISCLAIMER: THE AUTHOR OF THIS ARTICLE IS NOT A MENTAL HEALTH PROFESSIONAL. PLEASE CONSULT A MENTAL HEALTH PROFESSIONAL BEFORE STARTING OR CHANGING ANY ESTABLISHED REGIMEN.

In a recent New York Times article, research had been released on the state of mental health among American adolescents. Research has shown that in 2019 13% of adolescents have experienced a major depressive episode. That is a 60% increase from 2007. More shocking, there has been a 60% increase in self-harm and suicidal ideations among adolescents. Pediatricians are also reporting that $\frac{1}{2}$ - $\frac{3}{4}$ of their primary patient complaints are now related to mental health.

Leading up to 2007 the primary causes of adolescent mental health issues came primarily from external sources such as early alcohol, and tobacco use, along with engaging in sexual activity/teen pregnancy. Post 2007-2019, these primary causes are now internal such as ADHD, anxiety, and depression.

There is some research that suggests one of the reasons behind this crisis is that children are entering puberty earlier and earlier. In 1900 the average age of a child entering puberty was 14. Today the average age is 12, and getting younger. We often think of puberty as related to reproduction, but there's so much more that goes on in the brain that you don't externally see. While the age is getting younger, the brain hasn't caught up to this rapid change on a developmental level, and the adolescent brain sometimes cannot handle all of the stimulation that it's getting at 12 as it can at 14, thus when the brain cannot handle the information it copes, which can mean anxiety, depression and other disorders. The causes of this over-stimulation are not all conclusive or known, but experts point to the ease of access to world news and affairs, intimidating social media landscapes, and putting kids in too many hyper-competitive environments too early as potential links to internal affliction paired with early puberty.

continued on next page



MINISTERING AMONG THE ANXIOUS

In a similar vein, youth ministry has had to adapt and change to address this crisis over time. I remember in my youth group years, our bags were searched for booze and cigs. Now that I am a minister, I am checking to make sure students remember their medicines. This isn't a comparison of the generations, I'm just saying that things are different. So how do we minister to students in an increasingly anxious world? Well, if I had the definitive answer, I'd be a very rich man working in consulting. However, this is what I have learned so far about ministering among anxious teens.

STABILITY IS KEY

There's so much happening in the lives of students these days that is out of their control. Providing a safe and stable environment creates a non-anxious presence in an anxious world.

ALWAYS HAVE AN OPEN SEAT AT THE TABLE.

Just as Christ invites us to the table communion without reservation or requirement. We too invite and include all students freely. There's no JV, AP, IB, Honors youth ministry. We are all people on a journey together without fear of being judged or ranked.

INVITE HARD QUESTIONS, EVEN IF THERE ARE NO EASY ANSWERS.

Why do bad things happen to good people? Why does God save some but not others? Why do I feel this way? All of these questions are valid and welcome in today's youth ministry. Even if there are no satisfactory answers at the moment. The goal is not to come to an answer, but to allow a student to become cognitively aware of the source of their questions. Once that is achieved we can dig deeper to the spiritual issue, or I can refer them to a mental health specialist if the issue is not spiritual.

STRIVE FOR SOUL LIBERTY

The old Baptist principle has new life. For a student to have a lasting faith amidst their own anxiousness, and uncertainty they need to have a firm grasp on their faith. A student's faith cannot be a carbon copy of the faith of their parents or ministers, but when a student takes hold of their faith and makes it their own it grows with them, it is theirs, and has staying power to endure all life's obstacles.

When we create a church environment that allows students to explore faith, and have a stable and vibrant community we can begin to push back against the almost insurmountable crisis these adolescents are facing. In partnership with mental health professionals, counselors, and therapists, clergy and the church can provide a truly holistic healing experience for so many teenagers facing today's challenges. Won't you advocate for our students by caring for them, listening to their stories, and being their stable community in such a vulnerable time. Together, I believe nothing more is a better force for good in the world than a healthy church. Won't you join me?

VHBC YOUTH sept 2022

DATES TO REMEMBER

9/4 No YOSE

9/14 Youth @ Firehouse

9/24 Girls/Guys Night Out

GIRLS/GUYS NIGHT OUT Saturday, Sept. 24th
5-8 pm

\$20 per person



KEEP UP WITH ALL THE THINGS ON GROUPME!



VHBC

children's ministry

UPCOMING EVENTS

MOMS' NIGHT OUT

Tuesday, September 13 at 6:30 pm @ El Zun Zun
Join us for a fun night of good food and great conversation! [RSVP HERE!](#)



READERS WORKSHOP

Sunday, September 18th for 5th-6th graders interested in reading scripture in worship. Lunch provided. Meet in the Activity Room.



CHILDREN IN WORSHIP

Sunday, September 25 during worship
Our VHBC children will be singing "Come, Thou Fount."



FALL FLOWER ARRANGING & BRUNCH

Moms are invited to join us for a delicious brunch followed by fall flower arranging with Becky Griffith, Sharon Hartzog, & Millie Ehrett. [RSVP Here!](#)



WEEKLY SCHEDULE AT VHBC



SUNDAYS

- 8:45 AM SUNDAY MORNING BIBLE STUDY**
- Children's Sunday School meets in the Children's Building. Please sign your child in at the front reception desk.
 - Find our Welcome Team in the main foyer if you need assistance looking for a class for you and your family.

- 10:00 AM WORSHIP IN THE SANCTUARY**
- Worship guides and hymn sheets are available at the sanctuary entrances.
 - If you are unable to worship in person with us, please join us online or over the radio at 91.1 FM.
 - Worship Care for babies through Kindergarten begins at 9:45 am.

- 5:00 PM YOUTH ON SUNDAY EVENING**
- All youth meet in the Student Building to play games, listen to a devotion, and prepare for the upcoming week.

- 4:45 PM FELLOWSHIP SUPPER**
- Meet us in the Fellowship Hall starting at 4:45 every Wednesday.
 - Register online weekly at vhbc.com to reserve your meal!
 - Adults/Youth \$6 per person
 - Kids (K-6th) \$4 per person
 - Preschoolers & College Students eat free!

4:45 PM HANDBELLS

5:30 PM CHILDREN'S CHOIRS

6:00 PM YOUTH ACTIVITIES

6:00 PM ADULT SESSIONS

6:15 PM CHILDREN'S ACTIVITIES

7:00 PM SANCTUARY CHOIR



WEDNESDAYS

NEWS & EVENTS

AROUND THE CHURCH



**Saturday, October 22nd
9 am - Noon**

Serve around multiple sites including Rise Against Hunger (10000 meal prep at the church)

Multigenerational Event!

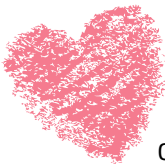
Make it a priority to participate this fall!

Email Laura@vhbc.com for more info!



Our goal is to help make VHBC a warm and welcoming environment each week for members and visitors alike.

Requirements: **Warm Smile & Friendly Manner!** Contact **Howard Finch** or **Nancy Akins** to volunteer!



WORSHIP CARE TEACHERS NEEDED!

Our Two & Three Year Old Class is coming back on Sunday mornings at VHBC!

A worship care teacher:

- serves once a month, every other Sunday, or every fifth Sunday
- arrives in the classroom at 9:45 am to receive instructions from the 8:45 teachers
- receives a reminder at the beginning of each week

If you already serve and want to increase to once a month, I welcome your response.

Contact Nancy to sign up - nancy@vhbc.com; text/call 205-907-6446 or call 205-979-5920



Join us for this 7-session study!
by Priscilla Shirer

LifeWay Women

WOMEN'S BIBLE STUDY

Tuesdays at 9:30 am & 6:30 pm

Sept 20th-Nov 8th

Elijah: A 7-Session Study on the Prophet of Elijah by Priscilla Shirer

Book: \$17



Journey through the life and times of the prophet Elijah to discover how the fire on Mount Carmel was forged in the valley of famine. And how the emboldened, fiery faith you desire is being fashioned by God in your life right now.

VOLUNTEERS AROUND THE CHURCH

CHILDREN'S RECEPTION DESK

Sept 11

Brenda Ammons

Sept 18

Jerri Pare'

WORSHIP CARE (9:45 am until end of worship)

Sept 11

Babies & Ones: Millie Ehrett, Sharon Hartzog

Twos-K: Kevin Jaquess, Isabel Jaquess

Sept 18

Babies & Ones: Alexis Johnson, Sara McFarland

Twos-K: Cathy & David Compher

TRANSPORTATION TEAM

Sept 11 Craig Youngblood

Sept 18 Brent Warren



Do you want to be a driver? Contact Tyler Johnson (tyler@vhbc.com) for more info!



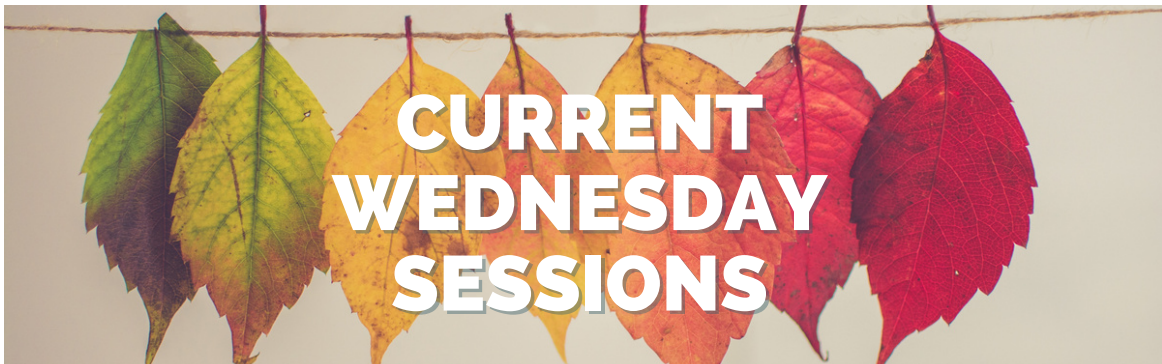
WEDNESDAYS THIS FALL



Reserve meals for your family online, join our standing reservation list, or come when you can for dinner at 4:45 in the Fellowship Hall.

SEPTEMBER MENU

- 7th:** Baked Chicken Pesto with Tomatoes & Mozzarella over Pasta, Roasted Eggplant, Garlic Bread, & Dessert (Kids: Same Menu)
- 14th:** Teriyaki Meatballs, Rice, Steamed Broccoli, & Dessert (Kids: Chicken Fingers & Fries)



CONTINUING UNTIL SEPTEMBER 14TH

New Creation: A Primer for Living in the Time Between the Times
with Eric in the Fellowship Hall

Contemplative Prayer with George Van Kirk in the Chapel



Fall Book Study with Laura Tadlock & Alexis Johnson in the Wild Goose Room. They will be reading Kate Bowler's *Everything Happens for a Reason and Other Lies I've Loved*.



spotlights & welcomes



Congratulations!

Beth McGinnis

On Tuesday, August 30th, Dr. Beth McGinnis received the John H. Buchanan Award for Excellence in Teaching 2021-2022 during Samford's opening convocation. This award is selected from nominations from senior students. A selection committee of both students and faculty gather the nominations and choose the top candidates, then decide with a senior vote. We are so proud of you, Beth! Congratulations!

Welcome!

Nash Dorion



Nash Dorion has made public decision to follow Jesus! He will be baptized on September 12th!

Nash is in the eighth grade at Berry Middle School. His favorite subject is history and his elective course is band; he plays the trombone. When Nash is not in school he likes to read, play video games, and hang out with friends. When asked what his favorite part of the past summer was, he answered: Passport Camp with VHBC youth! He added that what he enjoys about the youth group is that they take fun trips and all the youth and their leaders are nice to be around.

Nash is the son of Lucas and Emily Dorion and he has a third-grade sister, Sarah Cate. Nash shared that his parents have a constant love for him, and his dad was instrumental in helping him make this momentous decision.

Welcome, Nash, as a member of God's family called Vestavia Hills Baptist Church!



Wednesday Sessions

starting September 21st

Sunset Vespers on the Lawn

Wednesdays at 6:15 pm with Eric
September 21-October 12

Invite friends and neighbors to join us as the weather grows cooler for Sunset Vespers from the top of Shades Mountain. We will have special music, faith stories, and a short devotion as the sun sets. We will provide some chairs so feel free to bring blankets or lawn chairs to enjoy the evening.

Get Moving - Flexibility & Mobility Class

Led by trainer, Patrick Cook

Fall Flavors - Cooking with Dale Tadlock

Registration to open soon, spaces are limited.

Contemplative Prayer with George Van Kirk

continues in the Chapel at 6 pm.

CONNECTED IN PRAYER

IN THE HOSPITAL

IN RECOVERY & ONGOING TREATMENTS

HOMEBOUND MEMBERS

MISSIONARIES AROUND THE WORLD

Juanita Blackburn	Al Lowery
Libby Brown	Samson Mathangani
Ann Bush	Kitty Newell
Esther Evans	Leon Nix
Milton Fullman	Margaret Northrup
Pat Gillespie	Gaynell Pinson
Sandy Gillis	Jerry & Lorelle Singleton
Bob & Mavis Hardy	Alicia Stigler
Ruford Hodges	Hazel Turner
Peggy Jones	Bobbye Weaver
Dot Lowe	Doris Wilson

Susan Baker	Gay Thomas
John Bell	Barbara Vandergriff
Jason Cooper	Sarah Moreland
Mona Fisher	Virginia Stone
Maggie Shelton	

Dianne & Shane McNary - Slovakia
 Awon Shanglai - India
 Marco & Omar Vallejo - Mexico
 Richard Owiti Kogola, Paul Mbogo,
 Benson Mwangangi, & Josphat Thiori - Kenya
 Chuck Tarter - Ireland
 Candy & Paul Huynh - Cambodia

CHRISTIAN SYMPATHY

David Whitt and family in the passing of his wife, Linda Whitt on September 1, 2022. The family requests that memorials be made to the VHBC General Fund.

Sharon Repp and family in the passing of her father-in-law on September 3, 2022.

Please send prayer requests or updates to Jennifer Tiehen or the church office at the contacts provided. Thank you!

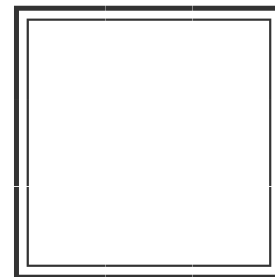


(205) 979-5920



JENNIFER@VHBC.COM

VHBC CONNECTIONS IS PUBLISHED BIWEEKLY
BY VESTAVIA HILLS BAPTIST CHURCH
2600 VESTAVIA DRIVE, BIRMINGHAM, AL 35216



VHBC MINISTRY STAFF

NANCY AKINS, MINISTER TO PRESCHOOL/CHILDREN

TYLER JOHNSON, MINISTER TO STUDENTS

MIKE MCBRAYER, ADMINISTRATIVE PASTOR

DR. ERIC SPIVEY, SENIOR PASTOR

MARTY WATTS, MINISTER OF MUSIC & WORSHIP

**Save the Date for VHBC
Churchwide Retreat
on January 28-29, 2023.**



**WE LOVE
OUR CDC**