



May is Mental Health Awareness Month

How to support the unique mental health needs of older adults.

As we age, we may experience life changes that impact our mental health.

- It's never too late to get help.
- It is important to remember that older adults may have different mental health symptoms. For example, a lack of interest in some activities.
- Talking about mental health can help older adults feel more comfortable asking for support.
- Mental health treatment can be part of a wellness program to help older adults live happy and fulfilling lives.
- Mental health professionals can help older adults cope with life changes.
- Friends and family can experience meaningful mutual connection by spending time visiting with older adults.
- Mental health is important at every age. Spending time with friends and family can boost older adults' mental and physical health.



Staying engaged is great for mental well-being, especially when we are older. Nurturing your connections with loved ones, joining a social group, or volunteering for something you care about is helpful to feel active and connected. Embracing movement through walks, yoga, or dancing also benefits both body and mind. Challenging yourself with brain teasers, exploring a new hobby, or learning something new helps to keep the mind sharp. Remember, if you need mental health support, a doctor or therapist is also an option. Call or text 988 for support or go to samhsa.gov/resources-serving-older-adults.

Welcome, New Members!

Cynthia Yates joined the church on Apr 28 by statement of faith. She has attended worship regularly and is an active participant in our Senior Adult Ministry. She lives in Pendleton. Welcome, Cynthia!



David Franklin White III is a returning member of First Baptist Church of Pendleton! David grew up at FBCP and will transfer his letter from his current church. He still lives in Orangeburg, SC but spends several weekends per month in Anderson. Welcome back, David!



Mission Partner Spotlight: Andrew P. Stewart Center

This is the 12th (and final) article in this newsletter series highlighting the mission partners included in our general budget. To read previous articles, visit our Newsletter Archive (fbcpendleton.org/newsletter).

In March of 1917, women from the First Baptist Church of Atlanta opened the Andrew Stewart Day Nursery to provide care for the children of working parents in the Bellwood community of Atlanta. Over the past century, the city of Atlanta, Georgia has significantly changed, and so has the organization now known as the Andrew P. Stewart Center.



From a day nursery to an after-school program and summer camps, to wellness programs and housing initiatives, the Andrew P. Stewart Center has remained committed to improving the lives of children and families in Atlanta. From Bellwood to Reynoldstown and now Pittsburgh (all communities of Atlanta) the Stewart Center has adapted and moved as needs and opportunities have changed.

In 2009, Rev. Clayton Davis became Executive Director of the Andrew P. Stewart Center. Clayton is the son of Jim and Esther Davis and has many connections to First Baptist Church of Pendleton, including spending his adolescence in the FBC Pendleton youth group. (Bonus fact: Clayton attended seminary with Jennifer McClung, now Jennifer Rygg. In 2008, Clayton mentioned to Jennifer that his home church was looking for an associate pastor. A few months later, FBC Pendleton called Jennifer to serve in that role.)

First Baptist Church of Pendleton has supported The Andrew P. Stewart Center through mission trips, donations of supplies, and regular quarterly contributions from our church budget. Clayton has been a frequent guest at FBC Pendleton, both in the pulpit and the pew. To learn more about the Andrew P. Stewart Center, visit stewartcenter.org (or ask Jim or Esther Davis!)

VBS Registration Open

JUST LIKE ME is an inclusive VBS where kids will learn to celebrate their own identities as beloved creations of God—just as they are.

Kids from preschool (age 3) to (completed) grade 5 are invited to join us in our garden May 31 – June 2 to dig in and grow deep!

Friday Family Night: 6-7:30 pm (families meet in fellowship hall for dinner)

Saturday VBS: 10 am-1 pm (drop off & pick up in sanctuary; lunch provided)

Sunday Worship with VBS Activities: 10 am-1 pm (including lunch and celebration!)

Please register at fbcpendleton.org/vbs. For more info or questions about registration, contact **Kiley Daniel** at children@fbcpendleton.org. If you'd like to volunteer before or during VBS, contact **Jane Massey** at jmassey316@gmail.com.



Preparation for New Church Directory

We will publish an updated **Church Directory** after the start of the new church year on Jun 1. Please call the church office with any updates or to fill in your contact information including home and mailing addresses, birthday, current photo, phone number, and email address. Thanks.

Senior Adult Ministry

The Senior Adult Ministry is continuing to uphold their motto of "food, fun, and fellowship."

Beautiful fascinators and fedoras were worn by all as we celebrated the "Run for the Roses."

We sipped (mock) mint juleps and watched last year's Kentucky Derby followed by a game of horseshoes and BINGO. During our devotional time Cynthia Yates challenged us to keep on keeping on in our daily walk with the Lord. It was a blessing to all of us.

Shelby Quattlebaum shared memories of her visits to the Kentucky Derby. A wonderful time was had by one and all! We are so grateful our Lord has continued to supply for our needs and provide this opportunity for our seniors at FBCP and for our community of Pendleton.

We are also pleased to announce that Senior Adult Ministries was the recipient of a CBFSC Project Grant. The \$1500 Project Grant is awarded to church ministries or projects that benefit their local community and strive toward CBFSC's mission commitments of cultivating beloved community, bearing witness to Jesus Christ, and seeking transformational development.

-- Jane Huss





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VBS · JUST Like Me
May 31 - Jun 2



Deacons for the 2023-2024 Church Year

Flock 01: A - Bra	Kim Burgess	(864) 940-6902
Flock 02: Bre - Cl	Bruce Blackmon	(864) 653-0228
Flock 03: Co - Fa	Randy Strickland	(864) 360-6071
Flock 04: Fi - Ho	Dave Alverson	(864) 617-2449
Flock 05: Hu - Mc	Rick Massey	(864) 940-3515
Flock 06: Me - Pe	Jan McCracken	(864) 934-4574
Flock 07: Po - Tab	Shelby Quattlebaum	(864) 934-6086
Flock 08: Tay - Z	Warren Willoughby	(864) 940-5471
Deacons & Spouses	Wayne Patterson	(864) 710-8239

**As we aspire to keep Jesus at the center of our lives,
 we are Rooted in Faith, and Growing in Love.
 We endeavor to be a welcoming and affirming
 community of grace for all people, loving our
 neighbors because God first loved us.**

SUNDAY MORNING SCHEDULE

9:00 am Coffee, Tea, & Conversation in the Fellowship Hall
9:30 am Sunday School
10:45 am Worship in the Sanctuary and on Facebook Live

We hope you can join us for in-person worship, but if you aren't able to attend in person, you can worship on Facebook through our live streaming system.
 find worship posts on our website
fbcpendleton.org

PASTORAL EMERGENCY

Rev. Jennifer McClung Rygg
864-760-7135

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