

FIRST BAPTIST CHURCH FAIRFIELD

VOLUME 31. ISSUE 6
JUNE 1, 2024

THE CHRONICLE



The Parable of the Lost Son

¹¹ Jesus continued: “There was a man who had two sons. ¹² The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them.

¹³ “Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. ¹⁴ After he had spent everything, there was a severe famine in that whole country, and he began to be in need. ¹⁵ So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. ¹⁶ He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

¹⁷ “When he came to his senses, he said, ‘How many of my father’s hired servants have food to spare,

and here I am starving to death! ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.’ ²⁰ So he got up and went to his father.

“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

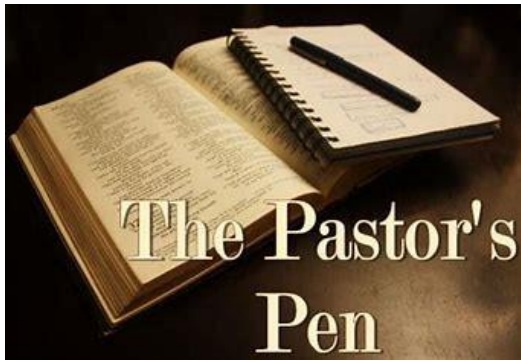
²¹ “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’

²² “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his

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Nehemiah 4:6 “So we built the wall and the whole wall was joined together to half its height, for the people had a mind to work”

As we reach the middle of the year, I am reminded of the incredible journey our church has embarked upon. We are rebuilding walls in our community and throughout the church. Our Church theme is “Growing Together” and it has been a time of refreshment and renewal in our relationship with God and each other. Over this Summer may we sail together in love, worship, witness, and working together for the glory of God. Like a ship sailing through the vast ocean, our church has weathered storms and sailed through calm waters. We have faced challenges and celebrated victories together. It is a testament to the faith, dedication, and unity of our congregation.

Just as a ship needs a skilled captain and a devoted crew, our church is led by compassionate leaders who guide us with wisdom and love. They are full of the Holy Ghost and have helped to steer us through uncertain times while anchored in the truth of God's Word. Our church family, like the sails of a ship, catches the wind of the Holy Spirit, propelling us forward in our mission to bring hope, love, and salvation to our community.

In the middle of the year, let us take a moment to reflect on the journey so far. We have witnessed lives being transformed, prayers being answered, and relationships being restored. Our church has become a lighthouse, shining God's light in the darkness and offering refuge to those in need.

This month we have so much going on: Baptisms, Communion, First Sunday Evening Worship with Dr. Joel Gregory, Wednesday Night Live, Recognition of our children and youth academic achievements, Pizza with the Pastor with our young adults, cleaning up our property, VBS, Worship

under the Tent and Fun Day, Street Witnessing, National and local congress, adding staff, daycare fun day, two Worship Services on Father's Day, and Kick-off of our Casual Summer starting on 4th Sunday just to name a few.

As we continue sailing through the rest of the year, let us remain steadfast in our commitment to each other and to the Lord. Let us encourage one another, support one another, and continue to serve with joy and humility. May our church be a beacon of hope and a testament to the power of God's love.

Together, we will navigate the waters ahead, knowing that God is with us every step of the way. Just as the ship and the wall in Jerusalem was completed, we will reach the end of this year, stronger and more united than ever before. May God bless our church abundantly as we sail together in faith and purpose.



**REV. VICTOR SINCLAIR LEWIS, SR.,
PASTOR, TEACHER**

THINK ON THESE THINGS...

A prayer for families

Dear heavenly Father, we come as your children to praise you for putting us in our family — and in our church family. Thank you for the love and nourishment we receive from the people in whose presence you've placed us. We confess our need for your guidance in our families and congregation. Please grant us harmony in our homes and church body. In all situations, help us show love, patience and respect for one another. In your name we pray. Amen.



Don't fail to try

A woman once criticized evangelist Dwight L. Moody for his methods in attempting to win people to the Lord. "I agree with you," Moody said. "I don't like the way I do it either. Tell me, how do you do it?"

"I don't do it," the woman answered. To which Moody replied, "I like my way of doing it better than your way of not doing it."

The Newsletter
 Reprinted from June 2024 edition

What forgiveness is — and is not



Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no

longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning. It is the lifting of a burden or the canceling of a debt.

—Martin Luther King Jr.

While you're away

Taking regular vacations is key to our well-being. It's important to spend time with loved ones, experience physical and mental refreshment, enjoy changes in scenery and routine, and prepare for future productivity.

Just remember: God's work goes on all summer long. When you're on vacation, your friends at church miss you. No one else can fill your unique role in the congregation. Your presence and gifts help the church thrive. So please give your regular offerings before you leave for vacation. And if you have the opportunity, try to attend church while you're away. Have a wonderful summer!



THINKING OUT LOUD

“We are One with GOD”

“Search me O GOD, and know my heart, try me and know my thoughts”...Psalm 139:23

According to the World Book Encyclopedia (2019), the world’s population is getting larger. In 2016, the earth’s population was 7 ½ billion people. Some scholars estimate that in the year 1656, the population was only 550 million. By 1850, the population had doubled to 1,100 million.

In the mid 2010’s, it is believed population in many Asian, African and Latin American countries decreased, yet the earth’s population continues to expand.

In the last 300 years, the world is becoming more crowded. Asia is the most populous continent with about three fifths of the world’s population. China has around 1.4 billion people, and India has around 1.3 billion people. The next two countries with the largest populations are the United States with around 330 million people, and Indonesia with around 265 million people.

The population density per million is:

Asia with 265 people
 Europe with 180 people
 Africa with 108 people
 North America with 62 people
 South America with 62 people
 Australia with 8 people
 Antarctica has no permanent population.

With all these people on earth, it is easy for someone to feel alone and unwanted. But that is not true. Even with all these people on earth, GOD knows each one of us individually.

You are fearfully and wonderfully made. There is nothing on this earth that can prevent you from having a real relationship with our GOD. GOD loves each of us. We are important to Him.

So in spite of what you may be going through, whether it’s sickness, financial problems, marriage problems, children and self-doubt, remember, GOD loves you!

Yes, the world is getting crowded by billions of people, but take time to stop and thank GOD for who He is. He loves you, and He does care.

By: Sis. HELEN P. SMITH

HAPPY FATHER’S DAY!

June, 2024

HEALTH AND WELLNESS

June is National Headache and Migraine Month
Types of Headaches: There are more than 150 types of headaches, falling into two main categories: primary and secondary headaches.

Primary Headaches: These headaches result from dysfunction or overactivity of pain-sensitive features in your head. They are not caused by an underlying medical condition.

Common types of primary headaches include:

- **Tension-Type Headaches:** The most common type characterized by a dull, pressure-like pain.
- **Migraine Headaches:** Often severe, throbbing, and accompanied by other symptoms like nausea, sensitivity to light, and aura.
- **Cluster Headaches:** Intense, recurring headaches that occur in clusters over weeks or months.
- **New Daily Persistent Headaches (NDPH):** Sudden onset of daily headaches that persist for at least 3 months.

Lifestyle factors or situations can trigger some primary headaches, such as alcohol, certain foods, nicotine, changes in sleep, poor posture, and physical activity.

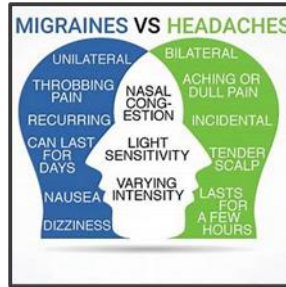
Secondary Headaches: These headaches are caused by an underlying medical condition and are considered a symptom or sign of that condition. Types of secondary headaches include:

- **Dehydration Headache:** Often due to inadequate fluid intake.
- **Sinus Headaches:** Associated with sinus infections or inflammation.
- **Medication Overuse Headaches:** Result from excessive use of pain medications.

Secondary headaches typically resolve once the underlying condition is treated.

Diagnosing Headaches: Your doctor will perform a comprehensive evaluation, including:

- **Medical History:** When did the headache start? Is it a single type or multiple types? Does physical activity worsen the pain? Family history of headaches?
- **Physical Examination:** Assessing neurological signs and other relevant factors.



- **Diagnostic Testing:** May include imaging (MRI or CT scans) to rule out serious conditions.

Remember, if you experience persistent or severe headaches, consult a healthcare provider for an accurate diagnosis and appropriate management.

Prevention: Making some lifestyle adjustments can help prevent headaches. Here are some practical tips:

- **Stay Hydrated:** Dehydration can trigger headaches. Aim to drink enough water throughout the day.
- **Regular Meals:** Skipping meals can lead to low blood sugar, which may cause headaches. Eat balanced meals at regular intervals.
- **Manage Stress:** Chronic stress can contribute to tension headaches and migraines. Try relaxation techniques like deep breathing, meditation, or yoga.
- **Get Adequate Sleep:** Lack of sleep can worsen headaches. Aim for 7-9 hours of quality sleep each night.
- **Exercise Regularly:** Physical activity helps reduce stress and promotes overall well-being.

Start with



- moderate exercises like walking or swimming.
- **Limit Caffeine and Alcohol:** Both can trigger headaches. If you consume them, do so in moderation.
- **Maintain a Regular Sleep Schedule:** Going to bed and waking up at the same time every day helps regulate your body's internal clock.
- **Avoid Strong Odors and Perfumes:** Some scents can trigger headaches. Be mindful of your environment.
- **Use Proper Ergonomics:** Whether at work or home, ensure your posture is good. Adjust your chair, computer screen, and

(Continued on page 10)

SICK AND SHUT-IN MEMBERS

FIRST BAPTIST CHURCH OF FAIRFIELD Sick and Shut In Listing - June 2024

Sis. Hattie Aikerson
5295 Cedar Creek Drive
Bessemer, AL 35022

Sis. Martha Bennett
732 60th Street
Fairfield, AL 35064

Sis. Eloise Bunkley
2215 Broughton Sprgs Rd.
Southside, AL 35907

Sis. Kimberly Caldwell
2752 20th Place Ensley
Birmingham, AL 35208

Sis. Virginia Chandle
2325 15th Street West Ensley
Birmingham, AL 35208

Sis. LaSondra Chavers
1033 Grand Oaks Road
Fairfield, AL 35064

Bro. Erskine Copeland
49 Freda Jane Lane
Birmingham, AL 35215

Sis. LaTonya Cox
P. O. Box 734
McCalla, AL 35111

Sis. Dorothy Delaine
5601 Court I
Birmingham, AL 35208

Bro. William Evans
312 59th Street
Fairfield AL 35064

Sis. Essie Flanagan
724 Vaughn Circle
Birmingham, AL 35235

Sis. Wilma Gant Givens
522—64th Street
Fairfield, AL 35064

Sis. Eunice Goldsmith
101—57th Street
Fairfield, AL 35064

Sis. Bama S. Gray
528 53rd Street
Fairfield, AL 35064

Sis. Gracie M. Guerry
Truewood by Merrill
at Riverchase
1851 Data Drive, Apt. #17
Hoover, AL 35244

Sis. Gwendolyn Harris
1124 Red Oak Circle
Fairfield, AL 35064

Bro. McKinley Hatcher
2652 Corner Road
Warrior, AL 35180-2961

Sis. Vertis K. Jimerson
281 Forest Road
Hueytown, AL 35023

Sis. Lillian Jones
*1172 Red Oak Circle
*Fairfield, AL 35064

Sis. Carlean McClure
837 60th Street
Fairfield, AL 35064

Sis. Elaine Meeks
321 Jerry D. Coleman St.
Fairfield, AL 35064

Bro. Henry Moton
2801 Snavely Avenue SW
Birmingham, AL 35211

Sis. Mary Ravizee
609 Jerry D. Coleman St.
Fairfield, AL 35064

Bro. Elliott Ryce, Sr.
500 10th Street, Pratt City
Birmingham, AL 35214

Sis. Lois Scott
841 60th Street
Fairfield, AL 35064

Bro. Albert Taylor
316—58th Street
Fairfield, AL 35064

Sis. Eva Turner
501 54th Street
Fairfield, AL 35064

Sis. Flora L. Waller
427 64th Street
Fairfield, AL 35064

Rev. Alex Washington
7405 White Oak Road
Fairfield, AL 35064

Sis. Katie Lee Watts
241 Nabir Court
Tracy, CA 95377

* Unsure of current address

CHILDREN AND YOUTH CHURCH



God has given us fathers to teach and care for us; we should appreciate and be thankful for our fathers. Dads work so very hard for us, and they deserve so much more than we could ever give them. Even though Father's Day is only once a year, we should celebrate and love our dads all year round.

Individuals between the ages 3 and 18 are encouraged to join us during the month of June on Sunday mornings at 10:00 a.m. for Children and Youth Church in the Fellowship Hall. Our children and youth will be separated into age groups during the bible lesson period. Age groups are as follows:

- 3-5 Beginners
- 6-8 Primary
- 9-11 Juniors
- 12-14 Intermediates
- 15 and older Seniors

Children and Youth Church will be held on the 1st and 4th Sundays in June. June's Schedule is listed below:

- 1st Sunday - Children and Youth Church**
- 2nd Sunday - Angelic Children's Choir and Ambassadors for Christ Youth Choir - Worship Through Song*
- 3rd Sunday - Father's Day Worship*
- 4th Sunday - Children and Youth Church**
- 5th Sunday - Praise in the Parking Lot*

Sis. Lori Ryce-McCray
 Children and Youth Church Coordinator
 Church Theme:
 Hearing, Heeding, and Heralding the Word of God
 John 10:27

FATHER'S DAY BRUNCH*Father's Day Brunch***SATURDAY**

June 15, 2024

1:00 p.m. - 3:00 p.m.

FIRST BAPTIST CHURCH FAIRFIELD

This event replaces the Sunday School Breakfast.

Join us on Saturday, June 15, 2024 as we honor our fathers. Men come dressed in your best bowties and hats.

GIRL SCOUT ANNOUNCEMENTS



**FBCF
TROOP
27008**

GIRL SCOUT MEETING

**SATURDAY, JUNE 8, 2024
10:00 A.M. - 12:00 P.M.**



**FBCF
TROOP
27008**

VESTAVIA BOWL

**SATURDAY, JUNE 22, 2024
1:00 P.M. - 3:00 P.M.**



HEALTH AND WELLNESS (CONTINUED FROM PAGE 5)

- keyboard to prevent strain.
- **Limit Screen Time:** Prolonged screen exposure (computers, phones, TVs) can strain your eyes and lead to headaches. Take breaks and follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
 - **Identify Food Triggers:** Certain foods (like aged cheese, processed meats, and artificial sweeteners) can trigger migraines. Keep a food diary to identify any patterns.
 - **Avoid Excessive Heat or Cold:** Extreme tem-

peratures can provoke headaches. Dress appropriately for the weather.

Remember that individual triggers vary, so pay attention to your body and adjust your lifestyle accordingly. If headaches persist, consult a healthcare professional for personalized advice.

Submitted by Maxine Starks



(continued from page 1)

feet. ²³ Bring the fattened calf and kill it. Let's have a feast and celebrate. ²⁴ For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

²⁵ "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. ²⁶ So he called one of the servants and asked him what was going on. ²⁷ 'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.'

²⁸ "The older brother became angry and refused to

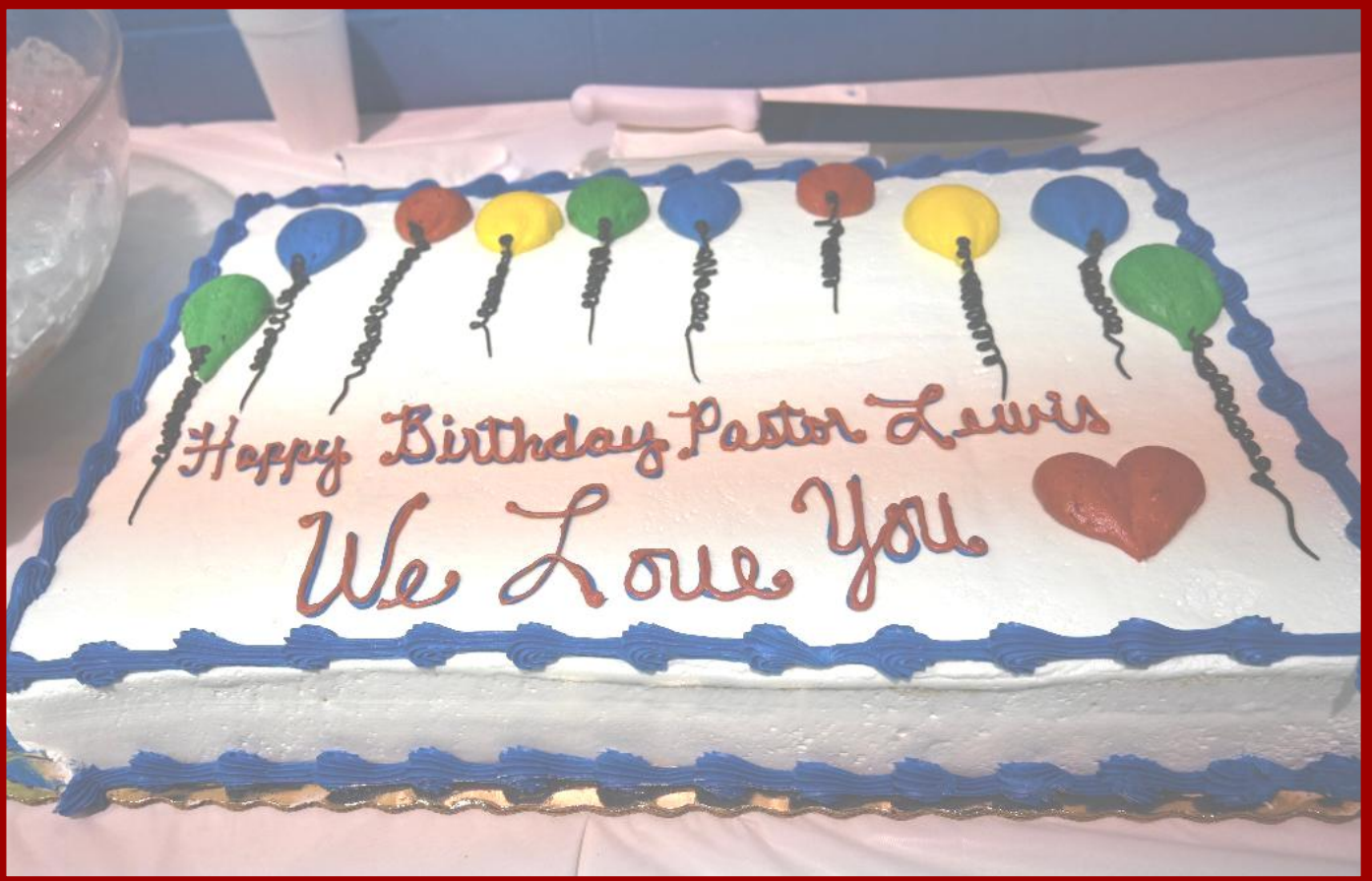
go in. So his father went out and pleaded with him. ²⁹ But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. ³⁰ But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'

³¹ "'My son,' the father said, 'you are always with me, and everything I have is yours. ³² But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found. (Luke 15: 11-32), NIV

PASTOR LEWIS' BIRTHDAY CELEBRATION



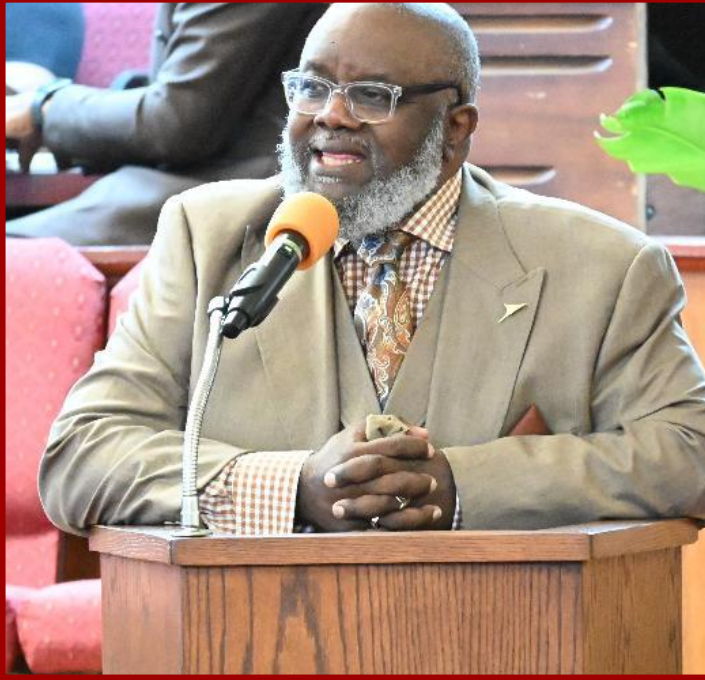
PASTOR LEWIS' BIRTHDAY CELEBRATION



PASTOR LEWIS' BIRTHDAY CELEBRATION



PASTOR EMERITUS TWYMAN'S BIRTHDAY



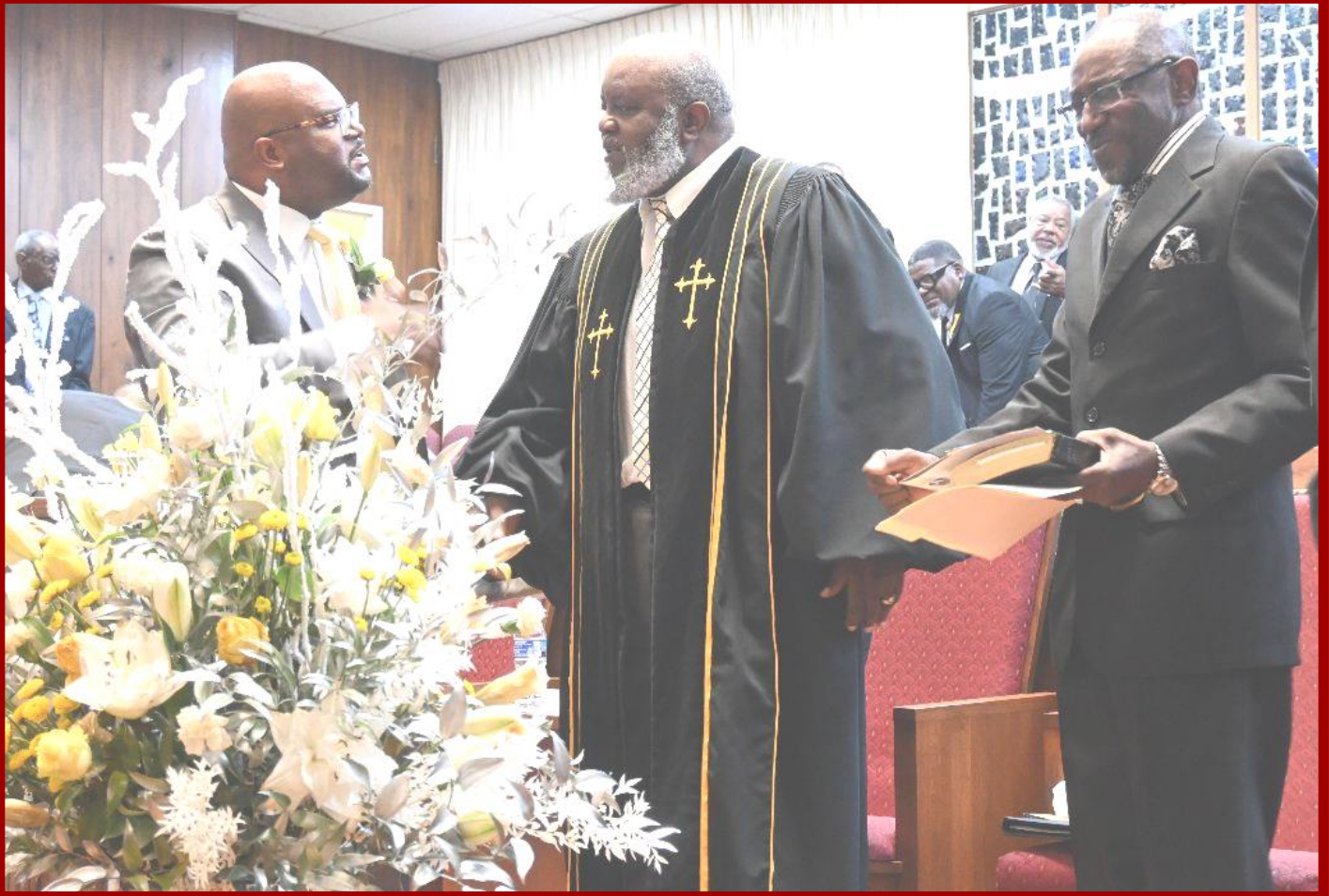
PASTOR EMERITUS TWYMAN'S BIRTHDAY



PASTOR LEWIS' 1ST ANNIVERSARY



PASTOR LEWIS' 1ST ANNIVERSARY



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PASTOR LEWIS' 1ST ANNIVERSARY



PASTOR LEWIS' 1ST ANNIVERSARY



PASTOR LEWIS' 1ST ANNIVERSARY



PASTOR LEWIS' 1ST ANNIVERSARY



Photos by Melva Moore

MARK YOUR CALENDAR

WEEKLY

- Sunday (s)** **9:00am** Sunday School (In person)
10:00am Morning Worship (in person and Facebook Live, YouTube)
10:am Children's Worship– 1st, 3rd, 4th, 5th
- Monday (s)** **6:00 pm** Laymen's Study Conference Call
1-425-436-6349
Access Code 788-1875
- Wednesday (s)** **Bible Study (551) 258 -6609. No access code.**
6:00 pm
- Thursday (s)** **Prayer Ministry Conference Call**
6:15 pm. 1 978 990 5000 Access Code 297873



June

- 2** **Baptism Service—8:00 am**
- 5** **Wednesday Night Live**
- 8** **General Mission Rally - Noon**
- 9** **Student Recognition—Morning Worship**
- 15** **Father's Day Brunch 1-3 pm**
- 24-28** **Vacation Bible School**
- 30** **Worship in the Parking Lot**

July

- 14** **Peace Baptist District 100 Women in White March for Selma University 4pm**
- 24** **Children and Youth Month Wednesday Night Service**
- 26** **Sneaker Ball**
- 28** **Children and Youth Sunday**

The Chronicle

is published monthly by

First Baptist Church

324 59th Street
 Fairfield, Alabama 35064
 (205) 785-4143









Deadline for copy:






The 15th of each month prior to the edition in which the article will appear. Editor reserves the right to edit for content and space.








Puzzle!




Use the list of names to identify each thankful Bible character.
Then use the symbol code to complete Psalm 79:13, NKJV.

NAMES: Elijah, Naaman, Mary & Martha, paralyzed man, Jairus, Moses, Rahab, Hannah

 Led his people through the Red Sea.	 Ravens brought him food.	 Jericho fell, but she and her family were saved.	 Her prayer was heard and she gave her son to God.
 Their brother was raised from the dead.	 Lowered through a roof, Jesus healed him.	 Cured of his leprosy, he worshiped God.	 Jesus brought his daughter back to life.

WE ... W _ LL _ G _ VE _ Y _  _  _  _ NKS F _ EVE _ ;  

WE W _ LL _ S _ W _ F _     Y _    _ ISE

_ LL _ GENE _    NS. Psalm 79:13, NKJV

FIRST BAPTIST CHURCH

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CHURCH THEME:
"GROWING TOGETHER"

JOHN 15: 1-5

