

AUGUST 2011

The Messenger

NATIONAL HEIGHTS BAPTIST CHURCH
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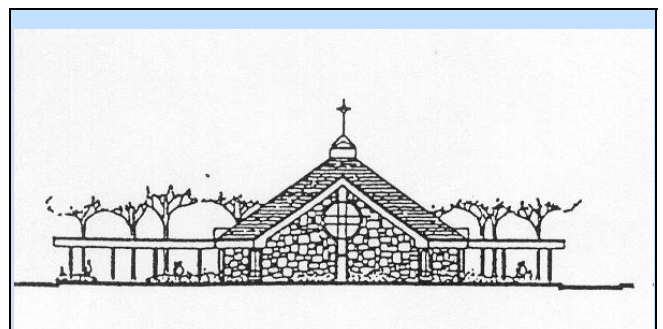
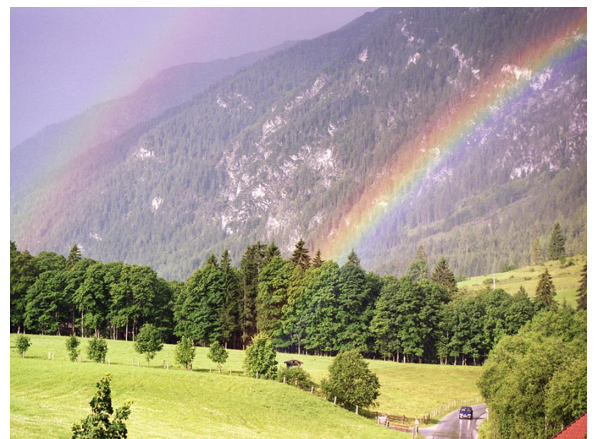
Pastor: J. Barrett Owen

Minister of Music: James Allen

National Heights Baptist Church
103 Old Norton Road
Fayetteville, GA 30215

*I lift up my eyes to the hills—
from where will my help
come? My help comes from
the Lord, who made heaven
and earth.*

Psalm 121:1-2



The Pastor's Page



For whatever reason, now, I find myself in a liminal space reflecting as I gear up for another semester of marriage, school, ministry, recruiting, traveling, speaking, learning, preaching, and pastoring. And I'm noticing a trend – it's difficult to live out of my “best” self.

In other words, the rat race of life, scheduling, recruiting, preaching, etc. break me down, loosen my screws, and distort my perception of productivity. I think I'm managing but in reality I'm coping. I replace peace with prestige and tranquility with titles. I get absorbed in what I need to get done and overlook or dismiss the people closest to me. I get angry when something causes me to look bad and get upset with myself for getting angry.

Reflecting on this anger makes me hate myself. Hating myself causes me to doubt my ability to perform which causes me to distrust God's calling on my life which generates endless insecurities about my own belovedness. In other words, I'm constantly living out of ego and insecurity.

I respond by presenting myself to be invincible fearing my brokenness is too repulsive and fearing the world won't want me to be who I think I need to be in order to feel whole. In short, I fear I don't count for anything. So I react to this anxiety with pathological self-obsession. My insecurities think nobody cares about me while my ego places me at the center of my own alternate universe. And ironically both of these voices still cause me to think nobody is noticing.

Dallas Willard words my symptoms perfectly in his book *The Divine Conspiracy*.

Egotism is a reaction to anxiety about whether one really does count. It is a form of acute self-consciousness . . . It is a desperate response to the need we all have to count for something and be held to be irreplaceable, without price.

Needless to say, I feel like my own worthiness has a price. If I achieve enough, take on enough projects, make good enough grades, preach well enough, tell funny enough stories, then

somewhere somebody will notice and tell me I'm worthy. They'll tell me I'm irreplaceable. They'll tell me I'm loved.

And I'm not sure I'm the only one living this way. A lot of us seem to seek the approval of others while living with the anxiety that we don't measure up. We hope to be recognized for our gifts and to be given a platform to share them with the world while avoiding the shadow sides of our lives.

And that's the peculiar thing about ego and insecurity. Neither one of them leave room for exploring the shadow, sinful, gross, dark corners of who we are. They just cover them up. So we never talk about the feelings of unworthiness we all carry. I guess if we did wounded which means we're in need of a healer/savior. If we realized that I guess we'd realize we ourselves aren't saviors. If we realized that I guess we'd humble ourselves enough to allow God to speak into our lives which ironically is what we preach from our platforms.

This lifestyle is exhausting. I desperately wish I could live out of my “best” self. But I'm not sure I've ever met him. I know he doesn't worry about ego or insecurity. He claims his belovedness from God and lives in it each day with reckless we'd realize we aren't invincible. If we realized that I guess we'd realize we're actually abandonment. He knows that his shadow side, his woundedness, is part of being human and it's ok if someone finds out about it. So that's where I'll start.

I'll start by exploring and examining the shadow sides of my life. If I can know myself better, then I can know God better. If I can know God better, then I can help others find God too. If I can help others find God then I'm no longer the center of my own universe. If I can stop being that, then maybe I'll be able to see God noticing me and telling me I'm worthy. I'm irreplaceable. I'm loved.

Your Pastor, Rev. J. Barrett Owen





Music Notes:

I am not having to predict, in this month's newsletter, what will happen at the 5th Sunday service, like I normally do. The service is already over and behind us, but in retrospect, worship has a great way of bringing us together and making us stronger Christians through the music sung and played, prayers voiced, scriptures read and sermon preached. Consistent worship of God "will" make our church stronger.

A special thanks to my son, Jim, for volunteering to sing for us. We appreciate him giving his time and talents to help us in worship. And thanks to our other guest who were also with us. And thanks to you, our church members, for always making our guest feel very welcomed.

And what would a 5th Sunday service be without a "great meal". Be reminded, the "Heights" has never failed with a covered dish meal. We have had plenty of practice! Thanks to all those who brought enough food for everyone. It was great!

We will continue to have these worship experiences each Sunday in August, and encourage each member of our church to take advantage of these opportunities for spiritual growth. The Fall Church Program, which is very close at hand, will offer new opportunities for ministry and missions actions in our community and throughout the world. As God's spirit continues to lead our church, the new church year will be a great time to join a Bible Study Class, sing in the choir, go visiting with the Church Outreach Team, and even volunteer to cook on Wednesday nights.

The best way to stay cool during August is to be at Bible Study and Worship each Sunday, and Prayer Service each Wednesday night.

Have a great August.....James



'Rethink National Heights' Rally

Join us August 28th as we "Rethink National Heights!" This rally will be led by our consultant John Adams. We will work and plan together our next steps forward! Stay tuned for more information!

Date: August 28, 2011!

Time: 12:00pm - 2pm

Place: National Heights Baptist Church

What to Bring: An open mind and heart!

National Heights is proud to announce it will be starting a new weekly email. This email exchange will provide up-to-date information, links to explore areas of interests, as well as allow you to forward it to anyone you know and then they can subscribe to it. Be on the lookout every Wednesday for this new email!

P.S. This weekly email needs a name! Let Barrett know if you have any ideas!

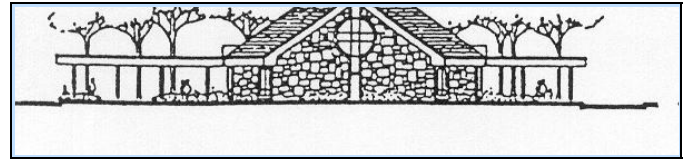
Email



Social Media



August 2011



Church office: 770-461-1704
E-mail: NationalHeights@yahoo.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Regular Activities	4	5	6
7 Regular Activities 12:15 Deacon's Mtg Deacon: Ann Marchbanks 770-898-7158	8	9	10 Regular Activities	11	12	13
14 Regular Activities Finance Committee Mtng Deacon: Larry Price 770-461-2878	15	16	17 Regular Activities Church Conference	18	19	20
21 Regular Activities Deacon: Robin North 770-487-8741	22	23	24 Regular Activities	25	26	27
28 Regular Activities Deacon: Bill Semon 770-461-5008	29	30	31 Fifth Wednesday Potluck Dinner & Bible Study			

August Missions
Baptist Joint Committee
and
Fayette Samaritans

Regular Sunday Activities
9:00 a.m.—Choir Rehearsal
9:45 a.m.—Sunday School
10:55 a.m.—Worship Service

Regular Wednesday Night Activities
6:00 p.m.—Supper
6:45 p.m.—Prayer/Praise
7:00 p.m.—Adult Class/Children
& Youth Activities

Supper Teams Schedule for Wednesday Evenings
1st Wed: Helen Odom, Robin North, Charlotte Adamson
2nd Wed: Connie King, Joann Turner
3rd Wed: Audrey Allen, Wilma Treadwell, Jenny Woodruff
4th Wed: Suzanne & Bill Scarbrough, Jerry Bramblett
5th Wed: Covered-Dish Supper

Working with Preschoolers During Worship
(If you will be away on your scheduled Sunday,
please swap with someone else on the list.)
Infants/Toddlers Class
August 7 Amanda & Franklin Scarbrough
August 14 Bill & Suzanne Scarbrough
August 21 Connie King & Ann Marchbanks
August 28 Audrey Allen & Jean Haygood
September 4 Charlie Jean Hollis & Lucille Semon