

Help us get to know you

Guest Registration Form

10:30 am Worship!

Today's Date _____

Name _____

Address _____

Neighborhood _____

Daytime Phone _____

E-mail _____

Names of all family members:

*Please include ages of children

How did you find us? _____

Check all that apply:

- I am a first time guest
- I am a returning guest
- I am a guest of _____
- I would like to know how to become a Christian
- I would like to know more about church membership and baptism
- I would like to connect with a small group Bible study
- I would like to meet with someone for prayer
- I would like more information on the ministries of the church

Please detach this form and place it in the offering plate or return it to one of the Welcome Centers.

How to Unite with HRBC

Are you interested in becoming a member of HRBC? We would be delighted to help! Please connect with one of our ministers or complete the Guest Registration Form. We will gladly discuss several options for membership prior to your public decision:

- Profession of faith in Jesus Christ as Savior and Lord and believer's baptism by immersion
- Transfer of membership from another Christian church, having previously experienced baptism
- Statement of faith in Jesus Christ as Savior and Lord, having previously experienced baptism
- Watchcare – fellowship in the life of HRBC while church membership is retained in a previous church

Sermon Notes

Big Idea: To experience stress is normal. With the unshakable presence of God's peace, we can live with less stress.

Stress Defined: Stress is a prolonged activation of the human body's defensive "fight or flight" mechanism. We experience stress when life's demands (**stressors**) increase and our capacity to handle them decreases. See www.stress.org to learn more.

Stress Management Tools:

Physiological – Relaxation, Exercise, Nutrition. Practice "Box Breathing" this week.

Behavioral – Pastoral Counseling, Coaching and Self-direction. The Virginia Institute of Pastoral Care is an excellent resource – www.VipCare.org.

Cognitive – Reframing our Outlook, Embrace Hope in Jesus, Change our "Internal Sound-track."

Welcome

A Word of Welcome to our Guests...

We are delighted you have chosen to worship with us today! The following information will be helpful to you:

- Water fountains and rest rooms with diaper-changing facilities are conveniently located in the main lobby.
- If you have not done so previously, please fill out the Guest Registration Form on the interior flap of this bulletin and place it in the offering plate.
- Worship Care is available for infants through pre-Kindergarten in the Children's Building during both Sunday morning worship services.
- Children's Chapel for children grades K-5 will be in room 200 with our Children's Ministry Team. Children are escorted to that space following the children's message during service. Immediately following service, you can go upstairs to room 200 and pick up your children.
- Should you need assistance of any kind during the worship service, please feel free to call upon the ushers.

You are invited to meet members of the ministerial staff in the foyer following the service.

HRBC STAFF

Bob Lee, Senior Pastor

Phone: ext. 106
E-mail: bob@hrbcrichmond.org

Phillip Brown, Pastor for Music, Worship! & College Ministries

Phone: ext. 105
E-mail: phillip@hrbcrichmond.org

Aaron Everic, Associate Pastor for Student Ministries

Phone: ext. 107
E-mail: aaron@hrbcrichmond.org

Kyara Kelley-Jones, Director of Children and Families, and Community Connections

Phone: ext. 108
E-mail: kyara@hrbcrichmond.org

Jim Townsend, Associate Pastor for Senior Adults

E-mail: jim@hrbcrichmond.org

Tanja Cottrell, Child Development Center Director

Phone: (804)946-4001
E-mail: preschool@hrbcrichmond.org

Linda Jordan, Child Development Center Assistant Director

Phone: (804)946-4001
E-mail: preschool@hrbcrichmond.org

Catherine McMullan, Worship Leader the Awakening

E-mail: catherine@hrbcrichmond.org

Bob Ford, Organist/Music Assistant

Brenda Chavis, Church Office Manager
Phone: ext. 100
E-mail: brenda@hrbcrichmond.org

Brooke Brill, Church Office Assistant

Phone: ext. 111
E-mail: brooke@hrbcrichmond.org

Griendora McDowell, Financial Assistant

Phone: ext. 101
E-mail: G@hrbcrichmond.org

Victoria Hamilton, Custodian

Norman Boswell, Sun. Custodian

Jajuan Morton, Part-time Custodian

OUR PURPOSE

Loving, Understanding, and Empathizing with the Community . . . and the World

Huguenot Road Baptist Church

10525 W. Huguenot Road
Richmond, Virginia 23235

Tel 804.272.2072
Fax 804.286.3228

e-mail: info@HRBCRichmond.org • www.HRBCRichmond.org

 facebook.com/hrbcrichmond

 @hrbcrichmond

Worship of God

WORSHIP!

April 23, 2023

10:30 am

Third Sunday of Easter

Gathering Music "Brother James' Air" Haan

Call to Worship "Be Anxious for Nothing... but in Everything..."

Let Your Requests be Known to God"

Drama by Catherine McMullan

actors: Elizabeth Parsons, Mary Parsons, Aaron Everic, Becca Sasser

Welcome and Invocation Aaron Everic

Song "Great is thy Faithfulness" Weaver
First Lesson Psalm 139:1-12, Catherine McMullan
23-24

* Hymn 44 "For the Beauty of the Earth" Pierpoint

Children's Message Aaron Everic

* Song "How Deep the Father's Love For Us" Townend
Mina McAllister, solo/leader

Offertory Prayer Jim Townsend
Offertory "It Is Well" Rouse
Worship Choir; Bob Ford, piano

Pastoral Prayer Bob Lee

Message *When Life Is a Stress Test* Bob Lee
Second Lesson Matthew 6:25-34

* Hymn 418 "I've Got Peace Like a River" Traditional

Recognition of Bible Study Leaders Bob Lee

* Benediction Bob Lee

* Sending Music "God I Look to You" Bethel

* Congregation Standing



Huguenot Road Baptist Church

Worshipping, Loving, Growing, Serving in the name of Jesus Christ

