

# NEWSLETTER

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## CENTER FOR HEALTH & HEALING

Offering a place within the church to grow, strengthen, and develop as the Christ-follower God wants you to be - so that you can thrive - personally, spiritually, mentally, emotionally, and physically by healing and finding health.

- 8 Week Courses
- Retreats
- Conferences
- Seminars

FOCUS: Trauma Training, Sexuality, Nutrition, Mental health, Marriage, Parenting & more

Tuesday March 14th through May 9th, 2023 6-10pm

### **Session 1: 6PM-7:30PM**

Dr. Corey Gilbert

A Group for Parents with Children (of any age) Struggling with Identity Our Launch will begin with the Book Study - Sharon James's book "Gender Ideology"

Upcoming books

Becket Cook's "Change of Affection"

Preston Sprinkle's book "Embodied"

Nancy Percy's Book "Love Thy Body"

### **Session 2: 8PM-9:30PM**

Dr. Corey Gilbert

A College Level Course on Being Trauma-Informed

Come learn about how the brain works, stores memories, and how trauma works quite different. Learn practical skills to apply today and teach others to help us be more present, Know our bodies, and respond well to life's unexpected and even unwanted events. Learn from Dr Gilbert's class he has taught to hundreds of college students, doctoral students, and used with clients for over a decade.

Reading List:

Allender, D. (2018). The wounded heart: Hope for adult victims of childhood sexual abuse

Be sure to register for either or both of these sessions by scanning the EVENTS QR code or using the Church Center App.

If you would like more information and details about this you can scan this QR code to watch our Midweek Message as Pastor Mark interviews Dr. Gilbert.





CAPITAL CHRISTIAN SCHOOL

# *Shoot For The Stars*

ANNUAL SCHOOL AUCTION ON APRIL 28TH, 2023

## We need your help with donations!

**Donation Ideas**

- Stay at vacation home
- Guided Tours
- Private Lessons
- Spa Packages
- Business gift certificates

Drop off donations at the CCS office.  
 Questions: [ccs.ptt.auction@gmail.com](mailto:ccs.ptt.auction@gmail.com)  
 Thank you!



Link to Auction website




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Capital Christian School registration for the 2023-2024 school year is open on March 2. There is also an Open House on that day at 6:30PM. If you or anyone you know is interested in signing up for grades Preschool 3 to fifth grade, the Open House is a great introduction to the teachers and curriculum of the school. You can register for a class at [CCSSALEM.ORG](http://CCSSALEM.ORG) or by using the Church Center App or scan the EVENTS QR code below

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Scan this QR Code to go to our EVENTS page and sign up for any event listed. Also make sure to download the Church Center app on your mobile device so you can give online, see our calendar and access our church directory.



Make sure to subscribe to our YouTube channel. That way you won't miss the livestream of Sunday's worship service, memorial services & our Mid Week Message for the most up-to-date information of what's happening at SFB.



Easter will be here before you know it. Make sure to get these dates and times on your calendar.

**Monday April 3 - Friday April 7 - Holy Week Prayer @**

6:30AM/Noon/6:30PM (no evening on Thursday & Friday)

**Thursday, April 6 - Seder Meal (register below or on Church Center)**

**Friday, April 7 - Good Friday service @ 7PM**

**Saturday April 8 - Easter Worship service @ 6PM**

(followed by Easter breakfast)

**Sunday April 9 - Easter Worship services 8AM/9:30AM/11AM**

(breakfast served 8:30AM-11:30AM)

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We have an opening for a part-time custodian, 10-15 hours a week, working weekends. Apply at the church office.

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If you are interested in being baptized, we are holding a baptism service on Sunday March 19th during both worship services. Please make sure to register using the QR code below. Be sure to choose which hour and who you would like to baptize you. Space is limited. If you have any questions, please reach out to the church office.

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The Salem City Manager's office informed us that the sidewalk around the Parkade will be closed for a month, from February 22 through March 24. This does not close the Parkade to use for people who want to park in the Parkade. The city will be using the sidewalk closure period to do repairs on the sidewalk and the wall around the Parkade. They also hope that by closing the sidewalk for a whole month, it will lessen the return of those who leave during the weekly cleaning times and then reset their camps immediately after.

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The THRIVE DR team has an opportunity for you to be involved in their mission trip coming up over Spring Break. 46 students and 11 adults are headed to do VBS, sports ministry, evangelism, and to build 2 chapels. They are 82% funded and need your help to get the rest of the way. Stop by the Welcome Center and grab a card to help build a chapel. Each card represents some of the supplies that will be needed to construct this chapel and are of varying amounts. Another way to help is to donate money to the team as they do a Dump Run on March 11. If you have items that you are wanting to throw out, bring them to the church and the team will take them to the dump for you or you can arrange for them to pick them up at your house. You can register for the Dump Run by scanning the EVENTS QR Code on page 2.



Women, come join us this winter for an evening of gathering with new and old friends, at the home of one of our hosts. We will have multiple events happening over February, March and April, in multiple locations.

Sign up to come to one or five of these Warm Winter Conversations, near your home or across town. This will be a great way to connect and meet women at our church and a wonderful way to invite women looking to get connected at First Baptist Church.

Please bring a drink or snack to share to the event(s) you will attend. Once registered, a separate email will come with the address of the host.

March 16th @ 6:30pm, Ruth Ann Nichols Home, NorthEast Salem

March 19th @ 6:30pm, Stephanie Thorp's Home, West Salem

April 20th @ 6:30pm, BJ Knofler's Home, Dallas

April 25th @ 6:30pm, Gina Beggs Home, SouthEast Salem

(More dates will be added soon. If you are interested in hosting please call or email Kristi Pierce 503.364.2285/[kpierce@fbcsalem.org](mailto:kpierce@fbcsalem.org))



Download the Church Center app to stay connected to SFB. View all the events that you need to know about, give your tithe, view old sermon videos and access the church directory. All from your mobile device!