

# The Rocky Hock Anchor



**The Mission of Rocky Hock Baptist Church is  
to magnify Christ and make disciples of all people.**

## God's Interests Above My Desires

*"Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ."*  
~ 1 Corinthians 8:12

When it comes to deciding on the grey areas of life, Paul gives us three principles based on a proper understanding of grace. First, good grace elevates love above knowledge. Second, good grace elevates the welfare of others over my freedom. Finally, good grace elevates God's interests above my desires.

The poet John Donne wrote, "No man is an island, entire of itself," and that is especially true for Christians. We are not individual islands unto ourselves; we belong to one another. The most common image of the church in the New Testament is the body of Christ. When you trust Christ for your salvation, you are not just joined to the head of the body, Jesus Christ; you are joined together with other Christians in a spiritual but very real sense. That is why 1 Corinthians 12:27 says, "Now you are the body of Christ and individually members of it." What you do affects other Christians, just as what one body part does affects other parts of the body as well.

Can you ever imagine taking a hammer and smashing your thumb as hard as you possibly could? Why would one hand do something that brings such pain to another part of your body? The only thing more ridiculous than that would be to take the hammer and hit yourself in the head with it. Would you do that? Of course not. Yet when you sin against another Christian, you are not only hurting that person and hurting yourself, but you are also hurting the head, Jesus Christ. Paul wrote, "Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ." (8:12).

That means if you are a Christian, the question you should ask yourself is not "How does this decision affect me?" but "How does my behavior affect other people?" And the Bible is very clear: my freedom ends when it negatively impacts somebody else. Do not fall into the trap of saying, "It is all about me and my freedom." God is interested in something more than your freedom. He has interests that supersede your freedom, and one of His interests is the well-being of other people. Bad grace exalts our personal freedom over every other consideration, but good grace understands that God's interests are more important than our desires.

This article by Dr. Robert Jeffress was excerpted from "Good-Grace Decision-Making," 2020.

John Donne, "Devotions upon Emergent Occasions," in *Devotions upon Emergent Occasions and Death's Duel* (New York: Vintage Press, 1999), 103.

Scripture quotations taken from The Holy Bible, English Standard Version© (ESV©) Copyright © 2001 by Crossway.



## Independence Day Celebration Sunday, July 3rd at 8:00 PM

Join us for Home-made Ice Cream and a spectacular Fireworks display!

Volunteers are needed to make home-made ice cream. Please contact the Church Office if you are willing to make a container!

# Baptist Women



## LET YOUR LIGHT SHINE

by Sandy-Wisdom Martin

Executive Director/Treasurer for National WMU

wmu.com

Security cameras showed the front doors at the national WMU building in Birmingham were randomly opening and closing late one night. There were no people around. Was it possible for an animal to set off the sensor? We could see from the video feed the front doors were locked. This was quite the mystery. How do doors open and close from the outside when they are locked? Clearly, something was amiss.

One of our employees carefully watched the security camera aimed at the sensor for the front door. Occasionally he noticed a flicker of light, and then the doors would open. Eventually he discovered the problem when a lightning bug flew right in front of the camera. Apparently, a firefly had made its way inside the building. When the light-emitting winged beetle came close to the door opening sensor box and lit up, the front doors opened. The incident served to remind me small lights can have a huge impact.

Let me tell you about committed Christ followers faithfully serving others while sharing Christ.

Joyce works at a fast-food restaurant. Everyone who comes through her drive-through line is blessed by her overflowing joy and is reminded God loves them.

Susan's gift is hospitality. She provides snacks and notes with encouraging scriptures at a local hospice inpatient facility. She shares the love of Christ with hurting and vulnerable families.

Hannah invited children in her neighborhood to join her in a walk-a-thon to raise money for a global water ministry. The children were taught about God's work in the world.

Matthew retired early to volunteer at his grandson's school. He believes children need positive Christian role models.

Marsha welcomes new people in her neighborhood with a basket of fruit if the weather is warm or a pot of soup if it's cold.

Ken uses his free time to transport senior adults to doctor appointments.

Becky journeys to her local Asian restaurant to teach English to employees during their breaks.

Nick worked on his neighbor's lawn mower. His neighbor said, "What do I owe you?" Nick responded, "I'd like you to come to church with me." The neighbor went to church, accepted Christ, and became a devoted Christian.

Small lights can have a huge impact. Are you letting your light shine?

***Father, thank You for Your light that shatters the darkness. Let Your light shine brightly through me. In Jesus' name, Amen.***



The Baptist Men's Breakfast is on the third Sunday of each month. Gentlemen, please join us on July 17th at 7:30 AM in the Special Function Room for breakfast, devotion, and fellowship.





**Our next Blood Drive is Tuesday, July 26th from 2 - 7 PM in the Gym. If you do single donations, you can give every 56 days. If you do PowerRed to double your impact, you can give every 112 days or up to three times a calendar year.**

Many of you have asked how to increase your iron so you can donate blood. In foods, iron is present in two forms: heme and non-heme.

### **Sources of Heme Iron**

Heme iron is the most absorbable and is found in animal foods that contain hemoglobin, such as meat, fish, and poultry. Good food sources include: beef, pork, chicken, veal, fish, and shellfish (such as clams, oysters, and mussels). Red meats and organ meats are excellent sources.

### **Sources of Non-Heme Iron**

Non-heme iron primarily comes from plant sources in grains, vegetables, and fortified foods and supplements. Non-heme is absorbed less efficiently. Good sources are fortified cereals, rice, wheat, and oats. Dark green leafy vegetables like spinach and kale are excellent. Great snacks are dried raisins and apricots. Other sources are beans, like lentils and soybeans.

### **Foods That Help Absorb Iron**

Foods high in Vitamin C include citrus fruits, dark green leafy vegetables, bell peppers (all colors), melons, and strawberries.

### **Foods That Decrease Iron Absorption**

Coffee, tea, red wine, chocolate, high fiber foods, some medications like antacids, and high calcium foods (like milk and cheese) decrease the absorption of iron. This doesn't mean that you should totally remove these from your diet, but consider having them with iron-rich meals.

The Red Cross, and especially our local communities, always need blood. Make your appointment now at [redcrossblood.org](http://redcrossblood.org) and enter RHBC. Masks are VOLUNTARY. If you have questions or would like to volunteer to help, call Rhonda Bass at 252-337-5766.

*\*Info regarding increasing your iron came from the American Red Cross and Healthline websites*

### **Iron Rich Food Recipe - South of the Border Sizzling Beef Fajitas (Serves 4)**

Ingredients:	8-9 corn tortillas	1 tsp ground chili powder
	2 tsp ground cumin (divided)	1 tsp salt
	1 ¼ lbs lean beef steak (flank steak or top sirloin recommended)	2 Tbsp olive oil
	1 Tbsp Worcestershire sauce	2 Tbsp lime juice
	1 large yellow onion, halved & thinly sliced	2 cloves garlic, minced
	1 red bell pepper, seeds removed & thinly sliced	1 bunch fresh cilantro (opt.)
	1 green bell pepper, seeds removed & thinly sliced	Prepared tomato salsa
	1 medium avocado, peeled & sliced	

Instructions: 1. Combine 1 teaspoon ground cumin, chili powder and salt in a small bowl. Rub spice mix over the surface of the flank steak. Place in a flat dish covered dish. In a small bowl, mix together 1 Tbsp of the olive oil, lime juice, Worcestershire sauce and half of the minced garlic. Pour half of this marinade over the meat and set the other half aside. Turn to coat both sides. Cover meat with plastic wrap and let marinate in the refrigerator for several hours or overnight. 2. Heat remaining Tbsp of oil in a large frying pan over medium-high heat. Add the onions and cook for several minutes, stirring, until they begin to soften. Add the bell peppers and cook for several more minutes until peppers are soft. 3. Turn heat down to low and add the other half of the garlic and the remaining tsp of cumin. Stir until vegetables are softened and starting to caramelize, about 5-6 minutes. Pour in the remaining marinade and stir for a minute or two. Cover and remove from heat. 4. Remove meat from marinade and pat dry, if necessary, using a paper towel. Heat a large skillet over medium-high heat. When hot, add remaining Tbsp of oil to the skillet. Cook the flank steak 3-4 minutes on each side, until medium rare. When meat is cooked, transfer to a cutting board, cover with foil and let rest for 10 minutes. 5. Thinly slice meat across the grain into strips. Toss meat and any juices from the cutting board into the pan with the cooked vegetables. Spoon meat-vegetable mixture into tortillas and top with avocado, prepared tomato salsa, and cilantro.

*Sponsored by Herbalife Nutrition*



## VBS 2022

### July 11th - 15th

### 5:30 PM - 8:30 PM

At SPARK STUDIOS, kids will learn that God's creativity didn't stop in Genesis. The Master Artist is working to redeem, reclaim, and transform us - His creation - to the design He planned for us. Kids will see the beautiful truth that they are God's workmanship as they learn to use their talents to bring glory to Him.

Register online at [www.rhbce.org!](http://www.rhbce.org!)

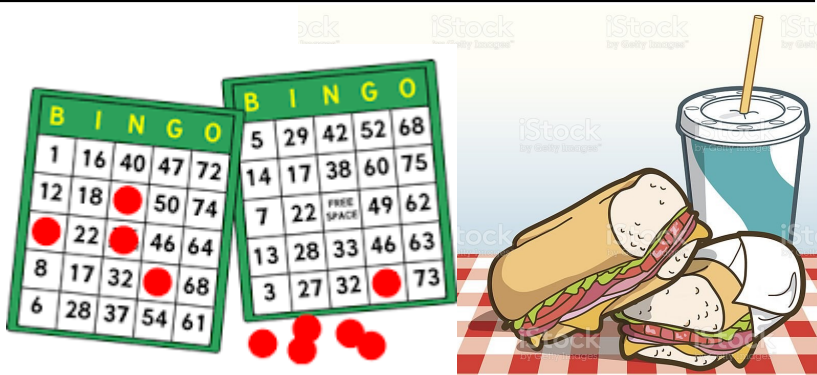
Click on the Events tab.

There will be a link to register to attend and to volunteer.

## Senior Adult BINGO Night

Friday, July 22nd at 5:30 PM  
in the Special Function Room

Subs & Drinks will be served!



## Deacon Ministry



### 6/26/22 - 7/2/22

Keith Nixon, Scott Noble, Phil Smith

### 7/3/22 - 7/9/22

Russell Byrum, Mike Evans, Chris Sykes

### 7/10/22 - 7/16/22

Ted Peele, Bill Smith, Sam Tynch

### 7/17/22 - 7/23/22

Adam Bunch, Steve Evans, Allen Peele

### 7/24/22 - 7/30/22

Fenton Eure, Ruston Howell, Fred Smith

### 7/31/22 - 8/6/22

Lee Bass, David Spruill, Oscar White

### Attendance:

5/29/22:

6/5/22:

6/12/22:

6/19/22:

6/26/22:

### SS

166

173

164

171

169

### Worship

233

299

196

315

209



# Children's Page

For children  
of all ages!

## Fourth of July

### WORD SCRAMBLE

WFORRIESK \_\_\_\_\_

PEIEDDEENCNN \_\_\_\_\_

DAREPA \_\_\_\_\_

EFOMEDR \_\_\_\_\_

FGLA \_\_\_\_\_

NPCCII \_\_\_\_\_

URMSEM \_\_\_\_\_

EIBTLR \_\_\_\_\_

ERACMA \_\_\_\_\_

NITEUD STTSEA \_\_\_\_\_

JUYL \_\_\_\_\_

SASTTE \_\_\_\_\_

RTILEVOONU \_\_\_\_\_

PTTOIARCI \_\_\_\_\_

RASTS \_\_\_\_\_

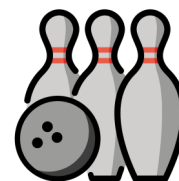


**God Bless  
America!**

**youth**  
activities

**July 6**

Bowling @ Albemarle Lanes,  
Elizabeth City



**July 15**

VBS Celebration;  
Underground Church

**July 23**

Capture the Flag @ Camp Cale



The Edenton-Chowan  
Food Pantry is  
requesting from  
RHBC this month:



**Nutri Grain Bars**



### Items needed for the Children's Summer Nutrition Program

Mixed Fruit Cups (single serve)  
Nutri Grain Bars  
Potato Chips (single serve)

Jell-O Cups (single serve)  
Fruit Snacks (Welch's or similar)  
Pudding (single serve cups)

Ramen Noodles (chicken flavored)  
Apple Sauce (single serve)  
Lance Snack Crackers

**Rocky Hock Baptist Church**  
113 Rocky Hock Church Road  
Edenton, North Carolina 27932  
**Address Service Requested**

NON-PROFIT  
ORGANIZATION  
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EDENTON, NC  
PERMIT NO. 127



*Check us out on the web at [www.rhbce.org](http://www.rhbce.org)*

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### **Weekly Schedule:**

**Sundays:** 9:45 AM - Sunday School for all ages  
11:00 AM - Morning Worship for all ages (Nursery & Children's Church available for up to 5th Grade)  
12:00 Noon - Worship Online at [www.rhbce.org](http://www.rhbce.org), our Facebook page, vimeo, and YouTube  
6:00 PM - Evening Worship ("Sundays @ SIX") - Adults in Sanctuary, Youth in Youth Suite, Children in Gym

**Wednesdays:** 7:00 PM - Prayer Meeting / Adult Bible Study - Sanctuary; Middle & High School Youth - Youth Suite;  
RA's - RA's Room, upstairs; GA's - GA's Room, beside foyer; Mission Friends - Kindergarten Classroom

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Pastor Justin Smith, Minister of Music & Education  
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Mr. Andrew Bass, Temporary Minister of Youth  
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**Rocky Hock**  
BAPTIST CHURCH-EDENTON