

# The Rocky Hock Anchor

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



Wow! What a start! I could not have asked for a more encouraging first 2 months at Rocky Hock. We have had several people join the church, several baptisms in the works, there has been such great response to our Sunday morning services, and 40 people have signed up for our discipleship training course called "Pure Milk." It is hard to imagine things going much better than that!

Then, on Father's Day, we saw nearly every man in the room bow at the altar to commit themselves to leading their families in the Gospel. What an amazing time! However, we must remember: life is a series of "ups and downs," so to speak. We have certainly seen the mountaintop here in the past 2 months, and frankly, it doesn't get much better than the mountaintop! But rest assured, valleys will come; the mountaintop never lasts forever.

What will we do when those valleys come? How will we respond to the trial, to the day-in and day-out challenges that come with the valleys? Will we remain committed to the Biblical truths that have been so compelling to us over these past months? Will we remain committed to leading our families in the truths of the Gospel? Will we continue to pursue making disciples here in our church? Will we stand strong on our desire to bring the Gospel to a world that is dying? Ultimately, will we continue to worship Him with all of our might, no matter what happens? In reality, He is worthy of our worship from the mountaintops, and He is worthy of our worship in the valleys. Will we say with the apostle Paul, "I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me" (Philippians 4:12-13).

Brothers and sisters, I write this not to rain on our parade, but quite to the contrary. When our parade eventually ends, we must stand rejoicing in the grace of God as he gives us strength to worship Him. So beloved let's stand together!

Grace and Peace,

**Pastor Matt**

# WELCOME NEW MEMBERS

Bella Seliquini joined on May 28, 2023 by profession of faith and is a candidate for baptism.

Pastor Matthew, Melissa, Lilly, and Boaz Dupuy joined on June 11, 2023 by transfer of letter from Galatia Baptist Church.

# Baptist Women



## Habits of a Healthy Mind: Journaling

by Grace Carter, 2022 National Acteens Panelist from Harrisburg, NC

Have you ever tried journaling? Journaling can help us keep our minds healthy by giving us a way to organize our thoughts.

Have you ever experienced your mind just swirling with random thoughts to the point where you can't focus on any one thought? Journaling can help you pause and slow down to navigate the thoughts that are melting your mind.

Journaling allows you to look back and see where you come from. It is cool to see all that God has brought you through. Journaling gives a tangible way to show how God has worked over time.

In my life, God has come through time and time again. It is encouraging to me to have a visual reminder to go back and read the ways God has shown up for me.

There are many avenues and ways to journal. You can journal about your thoughts, things going on in your life, your feelings, or your prayers. Anytime we take time away from the normal pace of life can be good for our mind. How much better is that time if we make sure to incorporate Jesus? When journaling, bring God into it. Desire God to come and make Himself known as He helps you work through whatever you are thinking about.

Journaling can help us acquire a different perspective without involving others. We need community and there is a time and place for community, but sometimes you just need to sit in your thoughts and feelings. Journaling can help bring thoughts out of your brain and on to paper. This can help you process whatever you are going through.

As Christians we should desire to grow in Christ and as human beings. We are called to support people, but this is not always easy. It is definitely harder to love people well when we are inwardly struggling. God will help us through whatever comes our way. We can count on that. However, we should strive to take care of our mental state.

We should actively and intentionally try to take care of our mental and spiritual health. Journaling is one of many tools that can potentially help us grow and live better. Journaling works best in conjunction with lots of prayer, reading your Bible, and other helpful habits.

We should always strive to live on mission for Christ. Jesus took time away from others to spend time with God. We should follow that example. Journaling can be a great way to get away and spend time with God.

Journaling opens a new door to writing down your prayers and handing over your dreams and desires to God. This can help you live with an openness to see what God would like you to do in your life. It can make you more open and better prepared to live on mission for God. As we grow, we can look to give out of the same love we have been given and serve others, even though we are struggling as well.

In a fast-paced world, it is rare to find a place to slow down and be completely open. There is a benefit to making time to sit and journal, to set time aside to think and to reflect. Sometimes you need to work through your thoughts and the season you are currently in. Journaling can help you personally grasp what is going on in your life.

In my life, journaling has helped me grow. It has given me time to reflect before and after I make decisions. It has helped me understand more about myself. It helps calm my mind when life gets chaotic. It is cool to see how things I was praying for a year ago worked out and it is a testament to God's goodness. God can work through anything, but the silence of journaling in my life has allowed Him to provide clarity and peace.

I want to encourage you to journal. Give it a chance. Journaling is not so much about getting it right. There is not a wrong way to journal. Figure out what works for you and go with it.



The Baptist Men's Breakfast this month will be on July 16th at 7:30 AM. Gentlemen, please join us in the Special Function Room for breakfast, devotion, and fellowship.



## Senior Adults Trip - Christmas at the Biltmore House

Featuring a Candlelight Tour

4 days, 3 nights

November 13 - 16, 2023

\$729 per person (double occupancy)

Package includes: 3 nights lodging, 3 breakfasts, 3 dinners (including the Stable Café on the Biltmore Estate), evening candlelight audio tour of the Biltmore House, daytime visit to the Biltmore grounds (including Antler Hill Village), guided tour of Asheville (including the Folk Art Center) and an evening of entertainment. Motorcoach transportation, taxes, meal gratuities, luggage handling, and a souvenir gift are also included in the package deal. Trip insurance is available and highly recommended.

BILTMORE®



Payment plan is as follows: 4 payments of \$182.25 payable on the 15th of each month starting on July 15th, continuing on August 15th, September 15th, and ending on October 15th. Make checks payable to Rocky Hock Baptist Church and put in the memo: Biltmore Trip. For more information, call Betty Bass at 333-5504.

## Don't Be Cold-Blooded, Donate Blood

Who watches Shark Week on TV? We certainly do! Shark Week starts July 11th and ends July 18th. It's exciting and scary, but educational. Here are 5 interesting facts about sharks . . .

1. Sharks are important to the survival of our marine ecosystem. Sharks are at the top of the food chain. They eat fish, which helps to balance the food chain in our oceans.
2. Did you know sharks existed long before dinosaurs? Scientists believe they may have been around for over 400 million years!
3. A shark's sense of smell is similar to a human's, BUT it's 10,000 times stronger than ours! This is why a few drops of blood can draw sharks from miles away.
4. Three of the most common sharks are the great white, the hammerhead, and the blue shark.
5. There are approximately 500 species of sharks. More than 140 of these species are vulnerable and endangered.

You may be wondering, "What does this have to do with donating blood?" What if you were one of those unlucky people who got bitten by a shark and needed blood? I got your attention, didn't I? I'm sure all of us hope we never have a shark encounter. But, let's talk about donating blood. Our next Blood Drive is Tuesday, July 25th from 1:00 - 6:00 PM. Our goal is 37 pints of blood. A Power Red donation (or a double) is equal to two pints of blood. Every two seconds someone in the U.S. needs blood. That's why Rocky Hock Baptist Church is on a mission to help save lives by hosting a Blood Drive three times a year. Our church, the community, and surrounding areas are invited to take part in these special events. You can donate blood, volunteer, or do both! Donors can donate as young as age 16, as long as they meet certain criteria regarding height and weight, and have parental consent. Anyone is welcome to volunteer, including high school students. This experience looks great on college and scholarship applications.

The need for blood is constant. Donors can play a critical role in the treatment of accident and burn victims, heart surgery and transplant patients, and those receiving treatment for leukemia, cancer, and sickle cell patients. Come and be a part of this life-saving mission! Visit [redcrossblood.org](http://redcrossblood.org) and enter RHBC to make your appointment now. If you need help making your appointment, or would like to volunteer (or do both!) please call me. A \$50 gift card from Lee-La's in Rocky Hock, compliments of Lee and Sheila Bass, will be drawn for one lucky donor or volunteer. Also, everyone will receive a Shark Week T-shirt (while supplies last).



**DON'T BE COLD-BLOODED,  
DONATE BLOOD!**

Rhonda Bass  
252-337-5766





### Deacon Team of the Week

#### 7/2/23 - 7/8/23

Donald Bass, Allen Peele, Sam Tynch

#### 7/9/23 - 7/15/23

Carroll Evans, Ruston Howell, Danny Lewis

#### 7/16/23 - 7/22/23

Lee Bass, Allen Nixon, Ellis Tynch

#### 7/23/23 - 7/29/23

Wayne Bunch, David Spruill, Chris Sykes

#### 7/30/23 - 8/5/23

Keith Rollins, Scott Noble, Mike Evans

### July Deacon Greeters

Senior Adult SS Center: Allen Peele

Sanctuary Main: Wayne Bunch

Connecting Corridor: Ellis Tynch

Multi-Purpose Main Entrance: Donald Bass

**LOVE GROW SERVE**



### July Ushers:

Billy Elliott, Jasper Evans,  
Danny Lewis, Phil Sith,  
Gail Boyd, Joshua White

### July Offering Team:

Allen Nixon (Chair), Donald Bass,  
Wayne Bunch, Ruston Howell,  
Danny Lewis, Chris Turner

### July Counting Committee:

Ed & Judy Hughes, Leon Hemmings,  
Keith Rollins



<u>Sunday Attendance:</u>	<u>SS</u>	<u>AM</u>	<u>PM</u>
5/28/23:	175	214	87
6/4/23:	171	326	Baccalaureate
6/11/23:	165	234	75
6/18/23:	168	302	Father's Day
6/25/23:	165	240	92

### Wednesday Evening Attendance:

5/31/23:	102
6/7/23:	91
6/14/23:	52
6/21/23:	79



The request from RHBC this month is:

## **Jell-O Cups**





# Children's Page

For children  
of all ages!



## INDEPENDENCE DAY CELEBRATION

**Saturday, July 1st**





Join us for an Ice Cream Social (ice cream will be provided) beginning at 8 PM, followed by fireworks at approximately 9:15 PM.



**Wednesday, July 5th @ 7 PM**

Join us for highlights from Youth & Children's Camps. Everyone will meet in the Sanctuary.

## God Bless America Sudoku

Each row and each column should have one of each image. Fill in the blanks!



## VBS 2023 - Twists and Turns

**July 10 - 14 from 5:30 - 8:30 PM**

Spin the spinner, beat the clock, skip ahead, level up, and play to win! You'll need to bring your A-game for this VBS! **Twists & Turns** is a fantastical celebration of games of all kinds. From classic tabletop games to video games and more, kids will play their way through VBS while learning that Jesus guides them through all the twists and turns of their lives. They'll find that even when they mess up, it's never "game over."



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

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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)  
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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Rev. Matthew P. Dupuy, Senior Pastor  
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252-221-1220 (Office)  
252-326-0362 (Cell)

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[chris@sykes-cpa.com](mailto:chris@sykes-cpa.com)

252-333-9067 (Cell)

Mrs. Linda B. Bunch, Administrative Assistant  
[lbunch@rhbce.org](mailto:lbunch@rhbce.org)

252-221-4133 (Office)

Mrs. Mary Alice Riddick, Organist  
Mrs. Mary Jo Bass, Treasurer  
Ms. Deborah Long, Custodian

Mrs. Donna Peele, Pianist  
Mr. Trey Bass, Security  
Mrs. Doris Tynch, Custodian



**Rocky Hock**  
BAPTIST CHURCH - EDENTON